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PAGE
Souvenir
pullout

TRUCE OF
WINDSOR
Kate and William
join Meghan and
Harry yesterday



PEACE FOR GRAN

William & Harry unite in mourning beloved Queen

QUEEN ELIZABETH II

Good Will

Olive branch to Harry in mourning

by Russell Myers, ROYAL EDITOR, Laura Connor and Emer Scully at Windsor Castle

PRINCE William masterminded the perfect tribute to the Queen yesterday – by reuniting with warring brother Harry.

In astonishing scenes, the once-inseparable Princes and their wives, Kate and Meghan, stood side by side to help the nation begin the tough process of grieving for Her Majesty.

Their public show of strength for mourners at Windsor came after months of bitter division.

And their joint arrival – the four's first public appearance in 915 days – was met with audible gasps.

Last night, Angela Thomas, who met the royals with her kids, told the Sunday People: "It was absolutely incredible to see the brothers together again."

Emotional

The black-clad royals spent more than 40 minutes accepting condolences, gifts and hugs in a showing reminiscent of the public kindness which was the trademark of William and Harry's mother, Princess Diana.

They then left in the same vehicle.

It was a sharp contrast to Thursday, when Harry had to charter his own private plane in a desperate attempt to get to Balmoral to say a final farewell to the Queen.

He was the last royal to arrive at his grandmother's Scottish home after being unable to travel on the same jet as William and their uncles Prince Andrew and Prince Edward, and Edward's wife Sophie. The Queen died before he arrived.

Last night, a spokesman for William, 40, said it was the newly-appointed Prince of Wales who had extended the invitation to Harry, 37, and the Duchess of Sussex, 41. A senior royal source said: "The Prince of Wales

They were really tactile and looked close in a show of unity

Picture: KIRSTY O'CONNOR/PA

thought it was an important show of unity at an incredibly difficult time for the family."

Well-wisher Angela told us: "They were really tactile and looked close again. It's made me emotional."

"I know the Queen was a real ally of Harry's but I just hope this means they can still properly repair their relationship because that's what she would have wanted."

Angela's son Jenson, six, struck up a conversation when Harry spotted his Manchester United shirt. Jenson said: "It was better than meeting Cristiano Ronaldo. I can't believe it." His

brother Jamie, nine, added: "It was so good to meet Harry, he was so nice and gave me a handshake."

Fantastic

Later at Windsor, as thousands thronged for a glimpse of the reunited royals, Meghan bent down to chat to Cara Crawford, five, and sister Evie.

The stunned eight-year-old said: "She asked me if we had come here to lay flowers for the Queen. She was really kind. I can't wait to tell everyone at school we met Meghan."

Mum Jodie and dad Dan, 38, had travelled nine miles from Bracknell.

Jodie said: "It's fantastic to see William and Harry back together and we just never expected this. I hope this is the sign of things to come."

"Harry seemed really upset and I am sure he wanted to be here to pay respects and speak to the public."

The reunited royal couples parted to speak to opposite sides of the crowd along Windsor's Long Walk.

Then they presented a show of unity when chatting together as they read the notes of well-wishers left alongside flowers. Harry stopped to read handwritten notes from children. Meghan put a comforting hand on

her husband's back as he looked through the notes and held his hand throughout.

Afterwards, Harry and Meghan's friend, the author Omid Scobie, claimed the invitation was made at the 11th hour.

He declared: "It is, without a doubt a significant moment in the relationship between the two brothers."

The two princes and their wives had been incredibly close before Harry wed US actress Meghan in 2018.

But cracks soon began to show and a series of reports emerged suggesting Meghan had fallen out with some



THE HEALING BEGINS

gesture



United in grief

William, Harry, Kate and Meghan put their differences aside during their Windsor visit

HEARTFELT: Prince William's tribute to his grandmother issued before walkabout

members of the household. Problems started before the wedding day, when Meghan's Hollywood lighting director dad Thomas Sr became embroiled in a staged paparazzi pictures scandal.

Special

Press reports emerged of Meghan parting company with staff – and rumours surfaced she had been cruelly dubbed Me-gain by courtiers.

Then in March 2020, Harry and his wife announced they were stepping away from royal life and moving to Meghan's native California.

Things got worse when the couple

gave an interview to Oprah Winfrey in which they made shocking allegations, including accusing an unnamed royal of asking about their son Archie's potential skin colour.

But all the bitterness seemed to have been put aside yesterday as the brothers put on a united front

Lexie Hackman, 14, who came with mum Amanda, 49, from Thatcham, Berks, told us: "It's so special to see William and Harry here together."

Banita Ranow, 28, said she heard the Duchess of Cornwall tell children next to her about what her youngest son Louis had said about the Queen's

death. She said Kate told the children: "Louis said at least Granny is with great grandpa now."

Earlier, William had paid a heartwarming tribute to the Queen, saying his grandmother was his rock.

The prince said: "So much will be said in the days ahead about the meaning of her historic reign.

"I, however, have lost a grandmother. And while I will grieve her loss, I also feel incredibly grateful. I have had the benefit of the Queen's wisdom and reassurance into my fifth decade. My wife has had 20 years of her guidance and support. My three children have

got to spend holidays with her and create memories that will last their whole lives.

"She was by my side at my happiest moments.

"And she was by my side during the saddest days of my life. I knew this day would come but it will be some time before the reality of life without Granny will truly feel real."

As the former Duke and Duchess of Cambridge now settle into their new roles, royal sources said the couple

On Thursday, the world lost an extraordinary leader, whose commitment to the country, the Realms and the Commonwealth was absolute. So much will be said in the days ahead about the meaning of her historic reign.

I, however, have lost a grandmother. And while I will grieve her loss, I also feel incredibly grateful. I have had the benefit of The Queen's wisdom and reassurance into my fifth decade.

My wife has had twenty years of her guidance and support. My three children have got to spend holidays with her and create memories that will last their whole lives.

She was by my side at my happiest moments. And she was by my side during the saddest days of my life.

I knew this day would come, but it will be some time before the reality of life without Grannie will truly feel real.

I thank her for the kindness she showed my family and me. And I thank her on behalf of my generation for providing an example of service and dignity in public life that was from a different age, but always relevant to us all.

My grandmother famously said that grief was the price we pay for love. All of the sadness we will feel in the coming weeks will be testament to the love we felt for our extraordinary Queen.

I will honour her memory by supporting my father, The King, in every way I can.



WELL SUITED: William and Harry yesterday

would continue to serve in a "modest and humble way".

Harry and Meghan were last seen in public with Wills and Kate on Commonwealth Day on March 9, 2020.

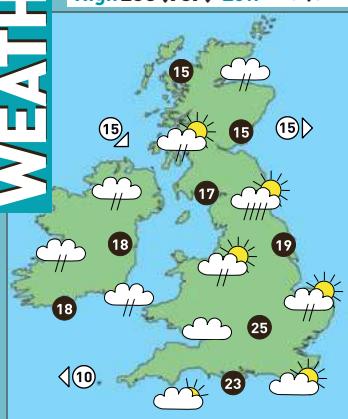
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REPORTING TEAM: Laura Connor, Phil Cardy, Jack Clover, Emer Scully, Patrick Hill, John Siddle, Karen Rockett, Halina Watts, Janine Yaqoob, Alex Lloyd, Miranda Knox, Kelly Jenkins.

WEATHER

TODAY

High 23C (73F) Low 12C (54F)



Early mist and fog will clear. The mainly cloudy with rain across northern and western areas which may be heavy. Largely dry with sunny spells further south and east. Mostly light to moderate southerly winds which will be locally brisk in the west.

Sunrise: 6.28am Sunset: 7.24pm

YESTERDAY ABROAD

Costa Brava	sun, 32C (90F)
Cyprus	sun, 34C (93F)
Dubai	sun, 39C (102F)
Egypt	sun, 31C (88F)
Florida	cloudy, 33C (91F)
France (South)	sun, 28C (82F)
Greece	sun, 31C (88F)
Mallorca	sun, 31C (88F)
Malta	sun, 32C (90F)
Tenerife	sun, 28C (82F)
Turkey	sun, 33C (91F)

OUTLOOK: MONDAY

Cloudy with rain across northern and western areas.

High 26C (79F) Low 5C (41F)

TUESDAY

Unsettled and overcast with outbreaks of rain.

High 25C (77F) Low 6C (43F)

WEDNESDAY

Variable cloud cover and a threat of showers.

High 23C (73F) Low 6C (43F)

THURSDAY

Mainly dry with bright spells and variable cloud.

High 22C (72F) Low 4C (39F)

FRIDAY

Largely dry with variable cloud and bright spells.

High 21C (70F) Low 3C (37F)

SATURDAY

Large areas of cloud and a risk of rain or showers.

High 20C (68F) Low 4C (39F)

Did you win?

MAIN LOTTO DRAW

2 6 7 29 31 42

BONUS BALL

9

THUNDERBALL

14 16 22 28 36

THUNDERBALL NUMBER

9

HEALTH LOTTERY

13 15 19 27 41

BONUS BALL

21

QUEEN ELIZABETH II



FLOWERS: In Green Park

A bank hol for funeral

by Halina Watts

THE day of the Queen's funeral will be a bank holiday, it has been confirmed.

King Charles III approved the order yesterday at St James's Palace, London as he was declared head of state during a ceremony televised for the first time.

There are usually eight annual bank holidays in England and Wales, while people in Scotland normally get nine or ten.

There was an additional bank holiday this year on June 3 to mark the Queen's Platinum Jubilee.

On the day of the Monarch's funeral, schools, most businesses and many shops will close. And Royal Mail said it will suspend its services on that day.



TRIBUTE: West Ham game

Footie fans frustration

by Karen Rockett

FOOTBALL matches from the Premier League right down to children's grassroots games were cancelled this weekend as a mark of respect.

In the top flight, new Chelsea manager Graham Potter's debut was delayed with his team's tie against Fulham among the fixtures being postponed.

But other sports went on after a minute's silence, including cricket where England faced South Africa in the third Test at The Oval ground in South London.

Match of the Day host Gary Lineker tweeted: "Given the moving scenes at The Oval, it feels a real shame football is not taking place, therefore missing the opportunity to pay its respects."

A GIFT



THANKS: Duke makes his point at walkabout



RESPECT: Kate greets well-wishers in Windsor



There is still mistrust over Harry's looming memoir

Pictures: Steve Reigate, Chris Jackson and Peter Nicholls

years and the constant barrage of public complaints from Harry and Meghan about their lives as working royals, grief had finally brought them together.

Harry had been the last to arrive at Balmoral on Thursday night, too late to bid farewell to his grandmother, and the first to leave the morning after. It did not bode well for any reconciliation.

But surely, in that Scottish castle where almost exactly 25 years ago the

IF there is a positive legacy from this saddest of weeks, it is the sight of the Queen's feuding grandsons William and Harry united, at last, in grief, with their wives at their side.

The "Fab Four", as they were once hailed, looked slightly nervous as they made their surprise appearance outside the grounds of Windsor Castle to view the floral tributes and greet the crowds yesterday afternoon.

They walked – together but in their

separate couples – to share the moment of reading the many messages from the public to the grandmother who was so key to both of their lives.

And they spent 40 minutes working their way through the crowds, accepting their condolences, their hugs and handshakes.

It was the greatest gift the Queen could have hoped for.

After the bitterness of the past two

A FAMILY REUNITED

FOR GRAN



BY JENNY BOND

Former BBC Royal Correspondent



brothers were woken in the early hours to be told that their mother had died in a car crash in Paris, the death of their beloved granny would make them see beyond the rift between them?

Surely it must have re-awoken the memories of those dark days when, as

the new Prince of Wales said in his tribute yesterday, their grandmother had been there in the saddest of times as well as the happiest.

Last night it seemed that progress had been made. The four had not been seen together since the Commonwealth

Day Service at Westminster Abbey more than two years ago.

That appearance had heralded Harry and Meghan's exit as working royals. Now it is our new King Charles who has made the first move to reconcile the sons he loves so dearly. In his

televised broadcast as Monarch on Friday, he spoke affectionately of William and Catherine, but he then made a point of extending his love to both Harry and Meghan as they "build their new life overseas".

It was an olive branch which, it would seem, both Harry and William recognised.

The path ahead is still strewn with obstacles. There is deep mistrust and suspicion about what Harry has written in his memoir, due out this autumn.

The concern that anything that is

said confidentially may subsequently appear in a podcast or broadcast as a result of the Sussexes' deals with Netflix and Spotify remains as pertinent as ever.

But last night marked a significant turning point.

The four of them can at least put on a show of unity when it is needed, they can act with decorum and dignity.

There is a long way to go. But their grandmother would surely be relieved and proud.

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QUEEN ELIZABETH II



DUTY: William signs with PM Truss and the Queen Consort watching

In taking up these responsibilities, I shall strive to follow the inspiring example I have been set in upholding constitutional government and to seek the peace, harmony and prosperity of the peoples of these Islands.



NERVOUS: From left, Leader of the Opposition Keir Starmer and former PMs Blair, Brown, Johnson, Cameron, May and Major



WARM WELCOME: King Charles waves to cheering crowds outside Buckingham Palace yesterday. He later met the public on The Mall

STARTING

by Russell Myers
ROYAL EDITOR

who is now Queen Consort, his son William, the new Prince of Wales, and more than 200 privy counsellors – including six former

Prime Ministers and the new Tory leader and premier, Liz Truss – as he pledged himself to the task now before him and the “heavy responsibilities of sovereignty”.

TV cameras were giving the world a first glimpse of a ceremony dating back centuries. The filming was one of the first changes to convention to be instituted by the new King.

Charles told the council: “I am deeply aware of this great inheritance and of the duties and heavy responsibilities of sovereignty which have now passed to me.

“In taking up these responsibilities, I shall strive to follow the inspiring example I have been set

New monarch is formally signed in

in upholding constitutional government and to seek the peace, harmony and prosperity of the peoples of these Islands and of the Commonwealth Realms and Territories throughout the world.”

There was utter silence as the words echoed around the grand room, with its deep scarlet flocked walls and imposing oversized portraits of monarchs including King William III.

Yet the grandeur and importance of the first part of the Accession Council was in stark contrast to the scene moments before, when the room buzzed with loud chatter.

Before the arrival of the royals there was nervous excitement

among dignitaries including ex-PMs Gordon Brown, Boris Johnson, David Cameron, Theresa May, Sir John Major and Tony Blair, who were standing shoulder to shoulder. Silence fell as the sovereign entered the room before taking his place beside Camilla and his heir, William.

Devotion

Composing himself for a moment, the King spoke movingly about his mother and the grief his family is experiencing. He said: “It is my most sorrowful duty to announce to you the death of my beloved mother, the Queen.

“I know how deeply you, the entire nation and, I think I may say, the whole world sympathise with me in the irreparable loss we have all suffered. It is the greatest consolation to me to know



HAVING A BLAST:
At Tower Bridge

KING Charles III vowed yesterday to “seek the peace, harmony and prosperity” of all his subjects as his rule was officially declared.

At a historic and sombre meeting of the Accession Council at St James’ Palace in London, Charles also paid an emotional tribute to his late mother’s lifelong love and selfless service.

Our new monarch pledged the rest of his own life to service before signing a declaration with his new signature, “Charles R” – the R standing for the Latin word Rex, meaning king.

And at The Oval in south London, the crowd sang God Save the King in his honour ahead of England’s third Test with South Africa, the words ringing out for the first time at a sporting event. The monarch was watched by wife Camilla,

CHEERS ON HISTORIC DAY



SOVEREIGN'S MARK: He signs oath using his new signature, 'Charles R'



SALUTE: Soldiers from the Coldstream Guards raise hats



BATTING FOR CHARLES: Oval crowd sing God Save the King

Day Charles came round for a cuppa..

by Phil Cardy and Sean Rayment

A FORMER paratrooper who lost both legs after stepping on an IRA booby trap bomb has told how King Charles helped his recovery – by popping round to his house for a cuppa.

Alistair Hodgson suffered his horrific injuries while serving in Northern Ireland aged 21 and was in "no fit state to go on parade" to receive his Northern Ireland medal.

But he got a letter and whisky from Charles through the post before the shock knock on his door.

Charles – who is colonel in chief of Alistair's regiment, the Paras – spent 90 minutes sipping "strong tea with runny honey" and discussing military matters.

Alistair, 51, said: "He came round for a cup of tea. We had a chat like old mates. Except he was with his security guys.

"He was kind and thoughtful. Just really nice. It was great of him to take some time out to come and see me.

"I found him highly intelligent, interesting and very funny, he had me and my mum in stitches. A few years later, out of the blue, I got a letter from him, as he'd heard of my skydiving."

Alistair, of Beetham, Cumbria, treasures a snap of Charles in his living room presenting his Northern Ireland medal that day in 1992. He was also fortunate enough to meet the Queen – and he reckons Charles will prove to be a "brilliant" King.

He added: "The guy I met at my home was a nice, genuine man. He was just like a normal bloke, and now he's King."



FUNNY: Charles gives medal to Alistair, below



TO REIGN

... as Oval sings 'God save the King'

of the sympathy expressed by so many to my sister and brothers and that such overwhelming affection and support should be extended to our whole family in our loss. To all of us as a family, as to this kingdom and the wider family of nations of which it is a part, my mother gave an example of lifelong love and of selfless service.

"My mother's reign was unequalled in its duration, its dedication and its devotion. Even as we grieve, we give thanks for this most faithful life."

Camilla, in black and wearing a three-strand pearl necklace, stared straight ahead with intense concentration as history unfolded before her.

Making special mention of Camilla, Charles said he would faithfully take on the duties of the sovereign of the UK and 14 British realms where he is head of state. He added: "In all this, I am

profoundly encouraged by the constant support of my beloved wife. And in carrying out the heavy task that has been laid upon me, and to which I now dedicate what remains to me of my life, I pray for the guidance and help of Almighty God."

The King also took an oath to preserve the Church of Scotland, as north of the border there is a division of powers between the church and state.

Charles inked the declaration scroll with his new signature and was proclaimed King by Garter King of Arms David Vines White outside St James's Palace at around 11am. He declared: "Three cheers for His Majesty the King", with the King's Guard

salutes then rang out from stations including the Tower of London and Hyde Park.

Sixty-two rounds were fired beside the Thames near Tower Bridge by the Honourable Artillery Company and 41 rounds at Park Lane by the King's Troop Royal Horse Artillery.

A second proclamation was read out at noon at the City of London's Royal Exchange by Timothy Duke, the Clarenceux King of Arms.

Onlookers cheered and sang God Save the King. Chrissie Ellis, 61, from north London, said: "I feel privileged to have seen it."

Thousands had flocked to Buckingham Palace hoping to catch a glimpse of the King. Many

responding "Hooray" after each "Hip-hip", while raising their bearskin caps. Gun

were wearing black and holding flowers they had brought to pay tribute to the Queen.

Just before 1pm, Charles was cheered and applauded as he was driven through the gates. The King could be seen through the window of his state Rolls Royce, smiling and waving back.

Retired teacher Helen Horne, 51, who had travelled from Stockport, said: "We're very, very sad but we wanted to come here to support the next chapter. I hope that everyone gets behind our new King and supports him."

Daughter Lydia added: "We wanted to be here for history in the making. God save the King."

Construction firm manager Robert Spencer, 53, from Kent said: "Hearing his name being proclaimed as the new King made me feel a real tingle. He's going to be great for us."

And at The Oval, the momentous occasion spurred England on to hammer South Africa – getting them all out for just 118 runs.

feedback@people.co.uk



TRADITION: A trumpeter at St James's Palace

QUEEN ELIZABETH II

by Russell Myers, ROYAL EDITOR

HUNDREDS of thousands of mourners are expected to honour the Queen on her final journeys before she is laid to rest next to her beloved husband Prince Philip.

She will be taken from Scotland to London where, following her state funeral at Westminster Abbey next Monday, she will be interred at Windsor.

This morning six gatekeepers, who had "a personal relationship" with the Queen, will carry her oak coffin from the Ballroom at Balmoral Castle to a waiting hearse for a 100-mile journey to the Palace of Holyroodhouse, in Edinburgh.

It will take six hours so mourners in towns and villages can honour her. At Holyroodhouse, a bearer party will carry the coffin to the Throne Room, where it will stay until tomorrow afternoon.

The Earl Marshal, The Duke of Norfolk, who has overall responsibility for organising state occasions, said: "We will carry out our duty over the coming days with the heaviest of hearts. But also, with the firmest of resolve to ensure a fitting farewell to one of the defining figures of our times."

Tomorrow King Charles and the Queen Consort will travel to Edinburgh from London, to join members of the Royal Family in a walking procession, taking the coffin from Holyroodhouse to St Giles' Cathedral on the Royal Mile. Charles and Camilla will lead on foot, following a hearse flanked by the bearer party.

The crown of Scotland will be placed on to the coffin as it is carried inside.

The Queen will lie at rest until Tuesday allowing, for the first time, members of the public to queue and pay their respects. Charles and Camilla will then go on a whistle-stop tour of the UK to receive messages of condolence.

They will fly to Belfast, and then on to Hillsborough Castle. The King will meet the Secretary of State for Northern Ireland and party leaders and attend a church service, then return to London.

On Tuesday evening, Princess Anne will accompany the Queen's body on an RAF flight back to London, delivering her mother back to Buckingham Palace, greeted by the King and Queen Consort.

On Wednesday, at 2.22 pm, the coffin will be taken in procession on a gun carriage from the Palace to the Palace of Westminster, via Queen's Gardens, The Mall, Horse Guards Road and Horse Guards Arch, Whitehall, Parliament Street, Parliament Square and New Palace Yard.

Royal officials expect hundreds of thousands of people will line the route of the procession, which will take place in eerie silence – similar to the state funeral in 1952 of the Queen's father King George VI.

The procession will include the King and members of the Royal Family to the rear of the gun carriage. The Queen will lie-in-state until 6.30am on the morning of the funeral.

Following the funeral, the coffin will be taken again in procession from Westminster Abbey to Wellington Arch and then on to Windsor.

Once at Windsor, the hearse will travel via the Long Walk to St George's Chapel, Windsor Castle, where the Queen will finally be laid to rest.

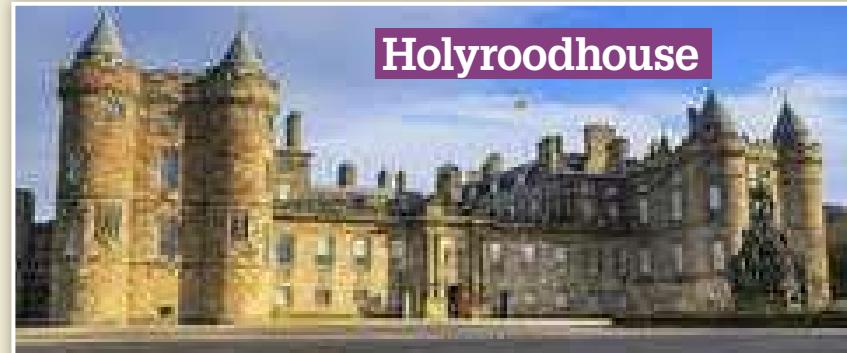
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TODAY

Balmoral Castle



Balmoral ballroom



Holyroodhouse

The Queen's coffin is taken by six Balmoral gamekeepers from the ballroom at Balmoral Castle in by road to the Palace of Holyroodhouse in Edinburgh.

Palace staff will be able to pay their respects as the Queen's body rests in the Throne Room until Monday afternoon.

TUESDAY

The coffin is flown from Scotland to England by Royal Air Force aircraft from Edinburgh airport and arrives at RAF Northolt later that evening.

The coffin will be accompanied on the journey by the Princess Royal, Princess Anne.

It will then be conveyed by road to Buckingham Palace, and will rest in the Bow Room.



Buckingham Palace

UNITED: King and Queen Consort

Palace of Westminster



WEDNESDAY

The coffin is carried in procession on a gun carriage of the King's Troop Royal Horse Artillery from Buckingham Palace to the Palace of Westminster.

The Queen will lie in state in Westminster Hall for five days until the morning of the State Funeral.

The procession will travel via Queen's Gardens, The Mall, Horse Guards Road and Horse Guards Arch, Whitehall, Parliament Street, Parliament Square and New Palace Yard.

During the lying in state, members of the public will have the opportunity to visit Westminster Hall to pay their respects to the Queen.



Westminster Hall

Solemn journey

THE LONG GOODBYE



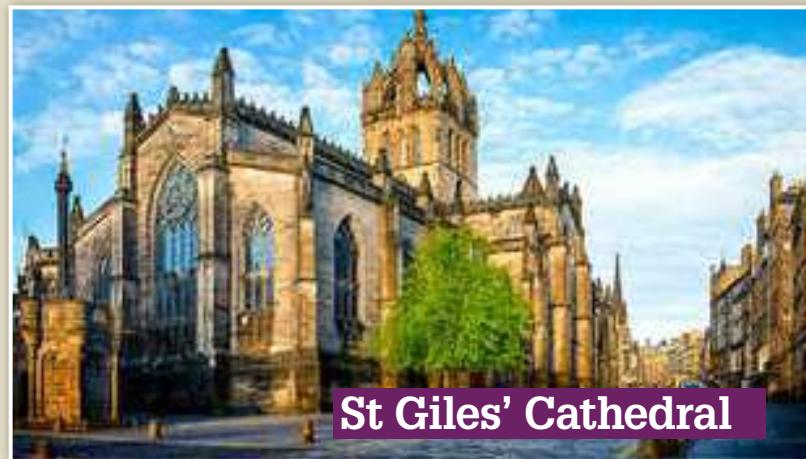
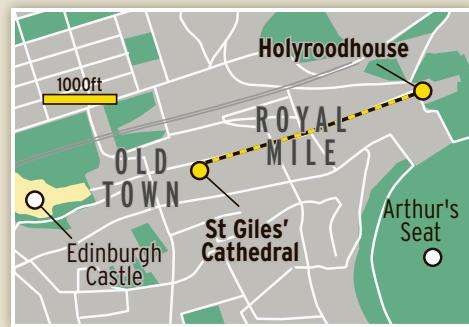
Royal Mile



TOMORROW

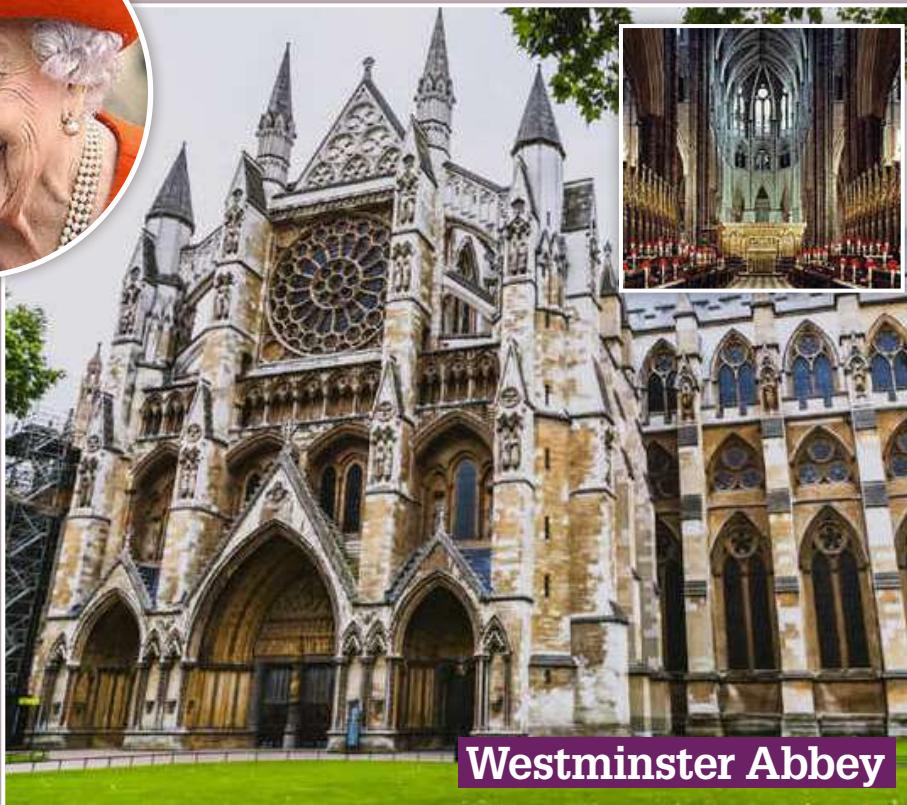
The King and other royals take part in a procession to move the coffin from the Palace of Holyroodhouse to St Giles' Cathedral in Edinburgh, where they will attend a service.

Her Majesty's coffin will lie at rest in the cathedral, guarded by vigils from the Royal Company of Archers, to allow the people of Scotland to pay their respects.



St Giles' Cathedral

MONDAY 19TH SEPTEMBER



Westminster Abbey

The lying in state ends and the coffin is taken in procession from the Palace of Westminster to Westminster Abbey, where the state funeral service will take place.

Truss to join King for tour

By Karen Rockett

LIZ Truss will join King Charles on a tour of Britain's four nations this week as he leads "services of reflection" in honour of his mother, the Queen, Ms Truss's spokesman announced yesterday.

Ms Truss, who was appointed as Prime Minister by the Queen on Tuesday in her final public act, was among several senior politicians who swore an oath of allegiance to



VISIT: King and PM

the new king in a special session in the Houses of Parliament yesterday.

She later met King Charles alongside other senior ministers at a reception held at Buckingham Palace.

Her spokesman said: "In terms of the Prime Minister's involvement, she will join the King as he leads the national mourning across the United Kingdom, attending services of reflection in Scotland on Monday afternoon, in Northern Ireland on Tuesday and Wales on Friday."

He said the King and PM will travel together and added: "The Prime Minister believes it is important to be present for what will be a significant moment of national mourning around the UK."

to Philip's side

QUEEN ELIZABETH II



TEARS: Queen's granddaughter Zara Tindall shows her feelings in Scotland



MOURNING: Andrew, Edward, Sophie and families at Balmoral



SUPPORT: Brothers view flowers left by people at Balmoral

United in grief

Palace & people come together to mourn



FLAG: Well-wishers gather by Buckingham Palace yesterday



LOOK AFTER HIM: Toy Paddington left at gates



FEELING LOSS: Woman cries outside the palace



CROWDS: Waiting for glimpse of the new King

HEARTBREAK OF A COUNTRY

SO MUCH SORROW

Princess Anne on her way to a church service in Scotland

Picture: ANDREW MILLIGAN/AFP



by **Patrick Hill and Paul Byrne**

THE pain etched on their faces says it all – royal or not, each is feeling the loss of their beloved Queen.

Dressed in mourning black, Princess Anne, Princes Andrew and Edward, Sophie, Countess of Wessex, and other members of the Royal Family ventured out of Balmoral yesterday to see the tributes left by heartbroken members of the public.

Anne, 72, the Queen's only daughter, looked tearful as she read touching messages following a service at Crathie Kirk church where Her Majesty was a worshipper.

It was the first time Andrew, 62, has been seen meeting members of the public since settling his

high-profile court battle with accuser Virginia Giuffre in March. He denies any wrongdoing.

He put his arm around his girls Eugenie and Beatrice, and was seen clasping his hands in prayer. He also thanked mourners for showing support, before telling them: "We've been allowed one day as a family. Tomorrow we start the process of handing her on."

Also on the walkabout were Anne's children Zara Phillips, 41, and her brother Peter, 44.

They spent several minutes looking at tributes left at the gates before the crowd broke into a spontaneous applause as the royals began filing back inside, and waved goodbye.

The Queen's body yesterday remained in the grand ballroom, where staff were allowed to say their own farewells to her. Meanwhile, thousands

of well-wishers flocked to Buckingham Palace, many carrying more floral tributes and notes, and gun salutes boomed from Hyde Park, echoing off the palace walls.

Tom Harrison, 62, who served as a medic in the 16th Field regiment, passed on his condolences to both Andrew and Anne. "The Queen was a big part of my life, but they've lost their mum and their grandmother. For them, it's a family event," he said.

Donna Crompton, 58, held Eugenie's hand and patted her on the back after spotting her



MOVED: Sophie reads tributes from public

Liverpool to Balmoral on Saturday morning with husband Andy, 63, to pay their respects. When told of the mammoth journey Edward, 58, exclaimed: "Crikey, that's a long way!"

Donna said: "Sophie was also noticeably upset. She said, 'Thank you for coming, it means a lot'.

Andrew stepped away from public life following public fury over his friendship with late paedophile billionaire Jeffrey Epstein and his disastrous Newsnight appearance in 2019.

feedback@people.co.uk

QUEEN ELIZABETH II

Warm, kind and full of humour... we loved her for it

ANDREW MORTON

Royal biographer



EVER since entering public life, the Queen has made a quiet commitment to diversity, inclusion, change and hope.

In her first speech on her 21st birthday in 1947, she said she wanted to reach people "wherever they live, whatever race they come from, and whatever language they speak".

She said that in South Africa, which was months away from becoming an apartheid regime.

And on the day of her coronation in 1953, she asked people of whatever religion to pray for her.

At first she struggled to find her voice in a world ruled by men where most women were second-class citizens.

But time and time again she broke royal protocol and defied convention.

She insisted that her Coronation was televised, despite objections from PM Winston Churchill.

Years before Diana was born and became known for shaking the hands of Aids patients, the Queen visited a leper colony in Nigeria.

In 1961, she was pictured dancing with Ghana's president in the midst of the Cold War and while America was still facing segregation.

She loved dancing and musicals and having a good time. It was the Swinging Sixties and she wasn't afraid of the public seeing that.

Her handling of Diana's divorce and Charles's remarriage set the tone for the thoroughly modern monarchy that was to come.

Faced with criticism in the aftermath of Diana's death in 1997, she showed her ability to adapt with decency and decorum, sharing her own grief in an unprecedented address.

I noticed a shift in her attitude after the death of the Queen Mother in 2002.

She began to shake off the deeper conservatism of older royals to create a more relaxed monarchy.

In 2009, Michelle Obama famously broke protocol to give the Queen a hug but she didn't mind. In fact, she enthusiastically reciprocated.

What would her grandparents have thought of her jumping out of a helicopter with James Bond and joking around with Paddington Bear?

It's these smaller moments which built up a bigger picture of the Queen as warm, kind and full of humour that made the public love her more and more as the years went by.

It showed that behind the mask was a woman with twinkly eyes and a sense of the absurd.

In one of the most significant moments of her rule, she became the first British monarch to visit Ireland in 100 years in 2011.

That year she ended 300 years of succession law to allow women equal rights to the throne.

One of the best speeches ever made was her speech at the start of the pandemic in 2020.

Her 70 years on the throne gave her the wisdom and authority to reassure and calm the nation.

Her commitment to being modern while retaining a vital continuity in an ever-changing institution kept her holding this country together.



DANCE: In Ghana

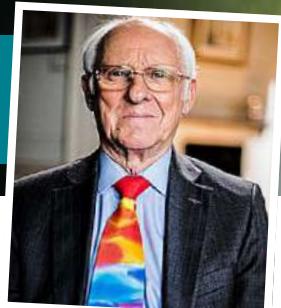


HUG: With Michelle

Charles will make a truly great king... he's had the best teacher

COMMENT BY DICKIE ARBITER

Former press secretary to Her Majesty the Queen and King Charles



THE Queen was a great monarch. Part of that was down to longevity but also to her dedication to the role and putting duty and her people first.

Her father also mentored her and she was doing the same thing for her son and heir, now Charles III, and her grandson Prince William, now the Prince of Wales. They have both learnt a lot from her and experience tells all.

As well as her faith, let's not forget Prince Philip, her husband of 73 years. She admitted on her golden wedding anniversary that she couldn't have done it without him. They were a great double act.

King Charles has had a lot of years of watching the monarch without doing the job, until he took over some of the Queen's duties recently.

Nobody could ever follow her in her footsteps, she was a one-off. So he won't be the same but he will do a very good job. It has been said that the monarchy could be in danger following the Queen's passing.

But if you look at the pictures emanating from Buckingham Palace on Friday, it is clear the monarchy is not going anywhere. When

the King got out of the car, the people there cheered. That speaks volumes. He'd lost his mother barely 24 hours earlier and we saw him at his very best talking to mourners, laying flowers down, taking flowers from mourners and smiling and shaking hands.

He was doing what he's always done, communicating with people. It showed the

Queen has left the monarchy in good shape and in a safe pair of hands with Charles. He will be a good king and a king of the people.

I was his and the late Diana Princess of Wales's press secretary for five years from 1988 and had a very close relationship with both of them. The marriage was unravelling and it was very difficult, especially on tour. On some occasions he would want me with him. On other occasions Diana would want me with her, so it was a tightrope.

But he was very good on tour. He's always been a people person. He's very good at talking to people and listening to people.

Charles III will carry that into his role as king. It's very difficult to compare what he's like today to what he was like then. Like any marriage breakdown, there is always animosity

between the two people and that rubs off on everybody else around. We knew things

were wrong and that there were times when he got frustrated when he found situations unbearable and the media microscope was on him 24/7.

Nobody can live like that but they had to, which probably made the situation a lot worse.

He's come out of it with the help of his wife of 17 years, now Queen Consort Camilla. She's done a great job, calming him down and nudging him every so often when she thinks he might be going off on a tangent.

They are a very good double act and enjoy each other's company. Being in their 70s, they have obviously mellowed and they've mellowed for the good of themselves, the country and the Commonwealth.

She's a tremendous influence on him. Whoever she is talking to, she gives them her time 101%. She looks them in the eyes when she's talking to them, she's not looking over their shoulder to see who might be more important or more interesting. She's talking to that particular individual and that's what endears her to people.

He will listen to her, she will listen to him. She will be a tremendous support for him and I think there will be a certain amount of



EXAMPLE: Chelsea Flower Show, 2009

THE FINEST EXAMPLE

ON YOUR 'ED, SON
Queen makes Charles Prince of Wales at Caernarfon in 1969



DRIVING FORCE: A young Charles tries out his toy car as his mum looks on in 1952



SUPPORTERS: Elizabeth with dad George VI in 1930s and, inset, Philip in 2007

dependency from him on her but they will work together well, like the Queen and Prince Philip did. Although Charles' reign will be relatively short in contrast to his mother's, I believe it will be memorable, because of who he is as a man.

We already know Charles the man and he remains the same. All he's got now is a different title. Some of his past observations have been very apt, particularly on climate change and the environment. From now on we won't hear any of these

Queen said, 'I see you still wear dreadful ties!' and laughed

and he won't meddle in politics. He will probably feel frustration because over the years he's been able to express an opinion on a variety of subjects, like the environment, climate change, agriculture, architecture, education, the arts and medical matters.

Constitutionally, he knows he must now remain neutral.

And as we all know his thinking, there's no need for him to say any more anyway.

In the fullness of time, probably next spring, he will have his Coronation, which will evoke memories of his mother's in 1953.

I've got a lot of happy memories of her. I was known to wear colourful ties and the Queen never gave them a second glance.

But at the last reception she went to at Buckingham Palace before the lockdown in 2020, I went to speak to her while wearing one of my bright ties.

As I took my leave I saw a twinkle in her eye and I thought, "Ahh, what's coming?"

Without batting an eyelid, but with a smile, almost tongue in cheek, she said, "I see you're still wearing those dreadful ties!"

It was followed by a laugh and I like to think it showed we had a good relationship. Would she have said it to anybody else? Probably not. I will miss her and her lovely sense of humour greatly.

feedback@people.co.uk

VOICE OF THE
SUNDAY
PEOPLE

Gone... but still with us, for all time

IT WAS like any Thursday at the end of summer. In Parliament, the new PM argued with the Leader of the Opposition. Cricket was rained off. Business as usual.

Then the announcement from the Palace: "The Queen's doctors are concerned for Her Majesty's health." The nation held its breath, hoped beyond hope.

But at 6.30pm they broke it to us. At her beloved Balmoral, the Queen had left us.

Our heads knew this day would come but our hearts were broken.

For most of us, she is the only ruler we have known. A constant.

A woman who linked us to a vanished Britain, the tumult of the post-war period.

Our spirit lived in her, through her calm, her determination. The love felt around the world for her was the love felt for Britain.

The second Elizabethan era is over. The end of the old days, the beginning of the new.

King Charles is charged with the care of the nation now.

He has pledged himself to us, to serve with loyalty, respect and love. And we welcome him and offer our condolences on the death of his mother.

We'll remember her.

She is sewn into the fabric of the country, in the everyday: post boxes, coins, stamps.

History

Her name will live on in street names, schools, hospitals.

Not just here, but all over the world. An observatory in Canada, a sports centre in New Zealand, an esplanade in France.

She will be with us forever. At the Cenotaph, in Parliament, at the Trooping the Colour.

And in the heart and mind of each schoolchild who reads about her in the history books. Forever.

A century hence, they will learn of Elizabeth, whose life was devoted to service, devoted to a nation that was devoted to her.

Learning not just the facts of her life but the nature of her character – her values of stillness and calm in a turbulent world.

"I cannot lead you into battle," she told us in 1957, "I do not give you laws or administer justice."

"But I can do something else. "I can give you my heart and my devotion to these old islands and to all the peoples of our brotherhood of nations."

She did. All her life.

We thank you, Your Majesty, from these old islands and beyond.

Keir Mudie

YOUR MAN IN WESTMINSTER

keir.mudie@people.co.uk

We all lost something

Queen meant so many different things to so many different people

BY THE TIME you read this, we will be three days into national mourning. There's not a lot to say really. I did have a bit lined up about tragedy, heartbreak and outpourings of national grief. It would have been OK, I think. Even had a rainbow in it.

But it all feels a bit redundant now. Days of coverage, wall-to-wall TV stuff, acres of newsprint. I couldn't even keep any surprising bit of trivia back – did you know she'd been to 117 countries? – because it's all been done.

All of it. Seriously. Everything. From the ingredients of the sharpener – gin, Dubonnet, ice, lemon – that she enjoyed before lunch, to giving her pancake recipe to Eisenhower or the fact she could change a set of spark plugs.

Legacy

From Thursday night on, everyone's said everything there is to say. World leaders weighed in, of course.

Biden: "She was a great lady," Macron: "I remember her as a friend of France", Modi: "The world has lost a great personality."

Our new PM, with a subdued effort on the steps of Downing Street, the Leader of the Opposition and Ed Davey. Even the SNP's Ian Blackford spoke of her "incomparable legacy".

All the stars were out. Simon Cowell,

Barbra Streisand, Catherine Zeta-Jones. Timmy Mallett – yeah, Timmy Mallett – wrote a weird kind of haiku that summed up the nation's feelings complete with hashtags: "Deeply saddened/Her life well lived/Mourning Our beloved #Queen #RIP"

I liked it better, to be honest, when various random businesses came out and shared their condolences.

Domino's put a nice thing out and so did Funky Pigeon, Poundland and Pizza Express. Greggs had a good one. Ann Summers paid their respects, so did Playmobil and Legoland Windsor. My



favourite was Crystal Maze Live, the interactive experience available in Manchester and London, which extended its "deepest condolences to the Royal Family in their time of loss".

Sweet, really. Incredible to see how many people she'd touched and that everyone, big and small, wanted to tell us how much she meant, to make some

sort of mark, some record of the tragedy we were all sharing in.

You can't really argue with people's grief, can you?

There have been bits and pieces of bile floating about on social media but the overriding feeling is sadness. Lots of the people I follow are kind of republicans. But they were

largely quiet – respectful, even.

And that's the thing, isn't it, I suppose? She meant different things to different people.

Some people railed against her, some people thought the whole thing should be scrapped, some people liked the woman but hated the institution.

Some people respected her, some people admired her, and some revered her.

A lot of people, in a lot of wars, fought for her. A lot of them died for her.

Different things to different people.

I can remember my mum, grandma and Auntie Win – in east Leeds, a million miles from Buckingham Palace in every sense – watching the TV

When we were torn apart, she quietly put us back together

fascinated about what colour hat Her Majesty would wear at some occasion or other, and whether they liked it or not.

Alien to me, like people watching the Trooping the Colour, or Sandringham, or the fuss when Brian May played the guitar on her roof. In the end it's up to you, isn't it?

Whatever you thought of her, someone has gone and something is lost.

She delivered a life of impeccable service and conduct, carried out with dignity, while the world unravelled.

Like during the Covid lockdown, when she summed up the situation perfectly, and gave hope and calm where there was none, saying: "Better days will return. We will be with our friends again. We will be with our families again. We will meet again."

Perfect. That's what she did. In the face of the torrent of progress, wars and Brexit and everything else.

Every time the country was torn apart, she was there to quietly put it back together.

There's no one to do that now.



Email us with your views to keir.mudie@people.co.uk. Follow me on  @mudiek

'King will be on song'

CHARLES' pop pal Sheila Ferguson says he will make the perfect monarch.

The pair bonded over his love for her music with The Three Degrees – with the American group performing at his 30th birthday.

Sheila, 74, said: "Seeing him come back to Buckingham Palace and greeting the people, that was the Prince Charles I've known all my life.

"So much of the coverage I've been watching has just filled me with pride that I live here in England."

Corrections & Complaints

ipso Regulated

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Bish: I gave car service

THE Queen's Bentley was "healed" by a bishop after it failed to start, the House of Lords heard yesterday.

At a session to pay respects, the Archbishop of York told how he jokingly made "a sign of the cross" over it as the Queen waited "stony-faced" to leave church in Sandringham.

The Most Rev Stephen Cottrell said: "The driver tries again and, praise the Lord, the car started.

"When I arrive at Sandringham, the Queen with a smile says, 'It's the bishop, he healed my car.'"

QUEEN ELIZABETH II TV TURMOIL

Forever in our art

A MUM and daughter bow their heads as they read floral tributes left beneath a huge mural of the Queen.

The moving image was painted on a building on Shankill Road in West Belfast, which leads through the predominantly loyalist area of the city.



GREATER BRITISH BAKE ON

C4 show survives chop after monarch's death



CAKE: Nadiya & Queen

by Karen Rockett

THE Great British Bake Off has survived the TV upheaval after the Queen's death.

Many programmes have been delayed or cancelled in the wake of the nation's immense loss.

There is doubt if Strictly Come Dancing's planned launch on Saturday will go ahead as the Queen's funeral is two days later.

And today there will be special editions of Songs of Praise, Countryfile and Antiques Roadshow.

But GBBO, whose former winner Nadiya Hussain baked the Queen a birthday cake for her 90th, is back on Channel 4 on Tuesday.

A batch of 12 new contestants will try to impress judges Paul Hollywood and Dame Prue Leith by producing 12 mini cakes, alongside other challenges.

Matt Lucas and Noel Fielding are once again hosting the hugely popular baking show. And on

Friday, Channel 4 launched the new series of Gogglebox, saying it would bring a "valuable sense of continuity" for many viewers.

But the channel has made "significant changes" to offer an alternative for viewers, which it feels is "particularly important at times like this".

An episode of its chat show The Last Leg was cancelled as its host Adam Hills said it "didn't feel right".

Following Her Majesty's death, many broadcasters have shown rolling news interspersed with almost constant content related to the late monarch.

Yesterday, BBC One were airing national and regional news shows between programmes including Picturing Elizabeth: Her Life In Images, The Queen And Us: 50s, The Queen And Us: 60s, and Elizabeth: The Unseen Queen.

Sir David Attenborough's Frozen Planet II is on tonight at 8pm.

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QUEEN ELIZABETH II



MEMORIES: Pranav Bhanot



JOKE TIME: Lucas Salinger



PROUD: Owen & Arthur Craft



HONOURED: Mary Long-Dhonau



NERVOUS: Lynda Sterling



HANDSHAKE: Catrina McHugh

by Kelly Jenkins, Miranda Knox and Alex Lloyd

THROUGHOUT her 70-year reign, the Queen met and spoke to thousands of ordinary people up and down the country.

She shared a unique relationship with her subjects and worked tirelessly to serve them to the best of her ability.

Here, we hear from some of those touched by the monarch's warmth, kindness and genuine interest.

Lawyer Pranav Bhanot, 34, from Chigwell, Essex, met the Queen at an interfaith event at Lambeth Palace in 2012, when he was 24.

He said: "The Queen really championed diversity. It was very surreal meeting her – I just froze."

"She was shorter than I expected but had a commanding but friendly presence. She was incredibly easy to talk to and the twinkle in her eye when she smiled is a sight I'll never forget."

Howard Salinger and son Lucas will treasure meeting Her Majesty for life. The pair were part of a delegation who greeted the Queen when she visited Berkhamsted School, Herts, to mark its 475th anniversary in 2016.

Funny

Lucas, in Year 6, had won a competition to design the Church of England's logo for the Queen's 90th birthday.

Howard, 47, said: "It was like the world stopped for that moment."

"I remember she was tiny and had heavy make up on."

"Lucas was cool as a cucumber. He wanted to give [his logo] to her, but she asked him to hand it to her staff, explaining, 'I can't carry anything, I'm too old' and she walked off laughing."

Owen Craft, 41, boss at Whipsnade Zoo, met the Queen in April 2017 when, as zoo patron, she opened the elephant care centre.

His son Arthur, nine, handed her a bouquet of flowers.

Owen, from Cheddington, Bucks, said: "It was a fabulous moment – he gazed up, not quite realising what he was actually doing."

"The Queen was incredibly passionate and had such a good sense of humour. She said the smell was very similar to the horses' stables and she quite liked it."

Flood victim and campaigner Mary Long-Dhonau, 57, from Ledbury, Herefordshire, met the Queen twice – in 2001 and in 2009, when getting an OBE for services to the environment.

Mary recalled: "She said, 'You will never be out of work. Flooding is going to get worse.'

"She was really clued up on climate change and the misery that flooding caused people. I expected her to be aloof, but she was the opposite – compassionate and understanding."

Arts studio director Lynda Sterling met the Queen aged 15 in 1998 when she and Prince Philip opened a new building at Grey Coat Hospital school for girls in London.

Lynda, 39, who now lives in Manchester, said: "I was a little nervous. I was in the science lab, we were showing experiments and we had to talk to the Queen about what we were doing."

"I had to say the words, 'white precipitate'. But I couldn't get 'precipitate' out and kept saying,

I expected her to be aloof but she was the opposite

'white... white...' and stumbling. The Queen jumped in and said, 'White something.' I said yes and caught her eye. It made us both giggle.

"It was such a kind and human thing for her to do, to step in and help me like that. She was warm and gentle."

Playwright and Open Clasp Theatre Company co-founder Catrina McHugh, 59, from Newcastle-upon-Tyne, was awarded an MBE for outstanding services to disadvantaged women through theatre in 2017.

She said: "The Queen was absolutely lovely. I could have hugged her, even though I know you're not allowed to."

"She made you feel like she really listened to you." Marketing man-

ager Amy Brunsdon, 31, from Reading, met the Queen in 2007 at Baden-Powell House in Kensington, London, for the unveiling of a sculpture.

Amy, who has been a scout or scout volunteer since the age of 10, said: "The Queen was tiny but had such a big presence in the world. She was genuinely interested in what everybody was doing. "She was definitely cheeky. She had that kind of smile and you could see there was a glint in her eye."

Head of veterinary services Alison Thomas, 58, was performing surgery when the Queen reopened the Blue Cross animal hospital in Victoria, central London, in 2001.

A client's dog began jumping up at the Queen's leg, Alison recalled.

She added: "But she didn't mind at all and was very happy to respond to the dog." Consultant Jess Alfert, 30, met the Queen at a Buckingham

Palace garden party in 2019. Jess, from London, said: "It was surreal. You feel starstruck in her presence. She had an air of calmness around her."

Physiotherapist Sasha Pearce, from London, presented flowers to the Queen in 1992, and met her again outside Kensington Palace after Diana, Princess of Wales, died in 1997.

Sasha, who was five when she lost her own mother in a car accident, said: "She came over to our little group and asked how long we'd been waiting."

"I asked how the princes were and how they were coping and she said 'They're as well as can be expected'."

"I told her I'd lost my mother and said to send all our love, and she said 'Yes of course and thank you so much for coming' and [that] it was appreciated. She was lovely."

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"It was such a kind and human thing for her to do, to step in and help me like that. She was warm and gentle."

Playwright and Open Clasp Theatre Company co-founder Catrina McHugh, 59, from Newcastle-upon-Tyne, was awarded an MBE for outstanding services to disadvantaged women through theatre in 2017.

She said: "The Queen was absolutely lovely. I could have hugged her, even though I know you're not allowed to."

"She made you feel like she really listened to you." Marketing man-

ager Amy Brunsdon, 31, from Reading, met the Queen in 2007 at Baden-Powell House in Kensington, London, for the unveiling of a sculpture.

Amy, who has been a scout or scout volunteer since the age of 10, said: "The Queen was tiny but had such a big presence in the world. She was genuinely interested in what everybody was doing. "She was definitely cheeky. She had that kind of smile and you could see there was a glint in her eye."

Head of veterinary services Alison Thomas, 58, was performing surgery when the Queen reopened the Blue Cross animal hospital in Victoria, central London, in 2001.

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MEETING THE MONARCH



SALUTE: Olivia's tribute to Queen

The Queen took a bath every morning with a precise depth of seven inches of water, according her former personal assistant Angela Kelly.

She was like favourite nan and also your boss

ARMY veteran Steve Blake worked as the ceremonial photographer to The Household Division from 2013 to 2015, covering events such as the State Opening of Parliament.

Steve, 40, said: "She embodied everything that soldiers aspire to – courage, duty, perseverance, integrity.

"I had access to the Royal Family two or three times a week and was able to witness situations when they let their guard down.

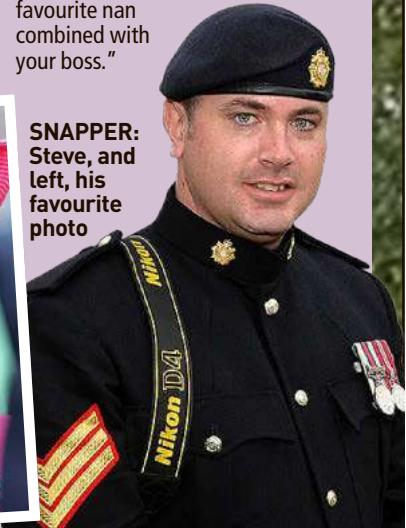
"My favourite photo of the Queen in my collection was taken at a

Buckingham Palace garden party, she is dressed in pink and smiling."

Dad-of-two Steve, of Southampton, who asked wife Becky, 39, to marry him while at one of the garden parties, added: "The Queen was a remarkable woman. She was very proud, very precise, very meticulous.

"She would check every tiny detail at state banquets, but she wasn't a micro-manager. She was like your favourite nan combined with your boss."

SNAPPER:
Steve, and
left, his
favourite
photo



HM's last letter thrills young Aussie pony fan

A PONY-LOVING little girl in Australia was one of the last people to receive a letter from the Queen.

Olivia Akers, aged eight, who lives with her family on a dairy farm in Tallygaroopna in Victoria, sent a letter and photograph of herself dressed in a military uniform sitting astride her pony, Lady, as part of the Platinum Jubilee celebrations in Australia.

She received a reply from the Palace on Thursday – Friday in Australia – the same day it was announced that Queen Elizabeth II had died peacefully at the age of 96.

Her mum Natalie described the timing of the precious letter as "very serendipitous".

Olivia's costume, which was inspired by the annual Trooping the Colour ceremony, did not end up winning an online competition she had entered so mum and daughter decided to send the picture to the Queen along with a handwritten letter by Olivia.

In her letter Olivia wrote: "Dear Queen Elizabeth, my name is Olivia Akers, I am

eight-years-old and live in Tallygaroopna in Australia.

"I really liked your video with Paddington Bear. Do you really eat marmalade sandwiches?

"I have included some photos from an online horse fancy dress competition that was for your Platinum Jubilee.

"I hope you like my photos? My side saddle came from England. My pony's name is Lady and she is an Australian pony.

"How many horses do you have? I hope you had a lovely Jubilee. Love Olivia."

The Queen's reply was signed by Lady-in-Waiting Annabel Whitehead, thanked Olivia for her thoughtfulness in writing to Her Majesty.

It said: "The Queen was interested to see the photographs you enclosed in which you and your splendid Pony, Lady, are depicted in the costume.

"Her Majesty was touched to know that you too enjoy horse riding, and I am to thank you again for your thoughtfulness in writing to the Queen as you did at this time."

Ms Akers said: "Liv will treasure this memory for the rest of her life."

The Queen visited Australia 16 times during her reign.



CHATTY: Olivia holds letter to HM

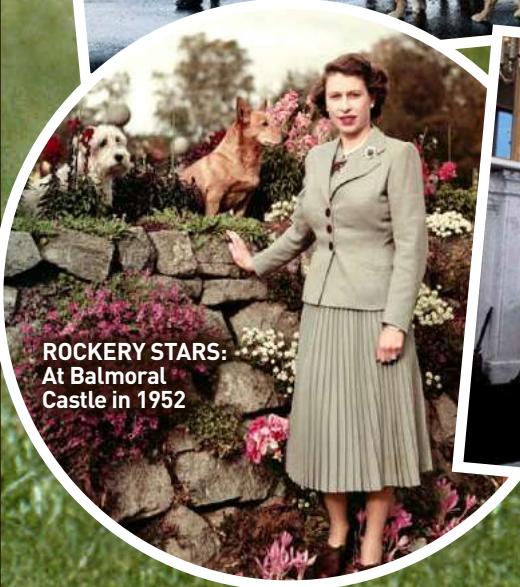


Her Royal Majesty launched Buckingham Palace's website in 1997, sent her first tweet in 2014 and posted on Instagram for the first time in 2019.



The Queen's favourite breakfast dish was a bowl of Kellogg's Special K cereal followed by a cup of Earl Grey today, insiders say.

QUEEN ELIZABETH II



MA'AM'S BEST

DELIGHTFUL DYNASTY OF DOGS



RELAXED: With sister Margaret and favourite pets in 1940



by Emer Scully

THE Queen's canine dynasty shows that dogs are a ma'am's, as well as a man's, best friend.

Some 15 generations of Her Majesty's corgis were all descended from Susan, the pup she was given on her 18th birthday.

The dog was hidden under blankets in the royal carriage on her honeymoon in 1947. But the Queen's love of Pembroke Welsh corgis began even earlier.

When she was seven her parents, the Duke and Duchess of York, registered a corgi named Rozavel Golden Eagle with the Kennel Club. Its name was soon shortened to Dookie when kennel staff realised he would be going home with the Duke.

The Queen owned 30 corgis and the breed quickly became one of the enduring symbols of the British monarchy.

Kennel Club chief executive Mark Beazley said: "The Queen was a world-famous dog lover and really did symbolise the love and affection that our nation holds

for their dogs." Corgis are known for their loyal, bold and friendly temperament. There was a spike in ownership when they appeared in Netflix drama *The Crown*. Tobias Menzies, who played Philip, said they had been "quite mischievous".

Susan died in 1959 and has a gravestone at Sandringham. Her Majesty once informed a Crufts visitor that one of her dogs was trained in moving cattle, the breed's historic role.

The final litter of royal corgis was born in July 2003, with two kept by Her Majesty. She was heartbroken when Susan's final descendant, Willow, died in 2018.

She continued to own her favourite dogs up until her own death.

The Queen was given two puppies in February 2021, a mixed-breed named Fergus and a Pembroke Welsh called Muick.

Three months later, Fergus died, but Prince Andrew gave her a new pembroke welsh corgi puppy called Sandy.

She also had an older mixed-breed dog who was named Candy.

feedback@people.co.uk

Picture: PRESS ASSOCIATION

FRIEND



QUEEN ELIZABETH II

1. FOOTBALL BURNLEY FC

Charles began supporting the Clarets after doing charity work in the Lancashire town. He was given a VIP season ticket. In 2012 he revealed he wanted "to regenerate and raise aspirations and self-esteem in that part of the world".



2. HOLIDAY CORFU

When the King was on the island for an official engagement, he said: "Greece is in my blood and I have long had a fascination for her ancient culture and history."



3. SONG DICK POWELL

Dick Powell's version of 1935's Lulu's Back In Town reminded the King of his grandmother, he previously revealed.



4. GAME THE GOOD LIFE

In a letter from Clarence House, an aide congratulated the game's creator on the "wonderful" game. It read: "It is without doubt a valuable contribution to educating people about the overwhelming sustainability crisis we face – whilst at the same time being great fun to play." The winner of the game is the first to fill their garden and become self-sufficient.

12. SUIT MAKER ANDERSON & SHEPPARD

The King relies on wide cuts and often wears a cross-buttoned jacket, the same standard as Juan Carlos, the former King of Spain.



9. CAKE FRUIT CAKE

For his 70th birthday the King requested his favourite cake from baker Fiona Cairns. A spokesman said: "Fiona and her team got to work designing and decorating the two-tier cake with delicate sugar craft shapes including rare breed animals, hens, a little basket with eggs, and things that reflect the Prince's country pursuits."

15. DRINK LAPHROAIG

His tipple of choice is a glass of whisky, specifically Laphroaig, from the stormy island of Islay off the west coast of Scotland.



16. FRUIT PLUMS

The King most enjoys food picked from his garden at Highgrove and favours plums above all others, according to former royal chef Darren McGrady.



11. ANIMALS RED SQUIRREL

Charles started the Red Squirrel Survival Trust to protect the endangered breed. He once said: "My great ambition is to have one in the house – sitting on the breakfast table and on my shoulder."



17. PLACE TRANSYLVANIA

Charles considers the region as his second home because of its beauty, nature and mystery. The royal family is said to be distantly related to 15th century Romanian warlord Vlad the Impaler.

King Charles

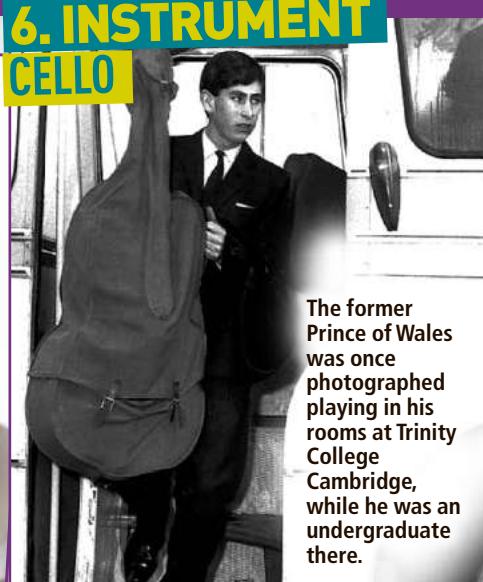
PASSIONS OF HER SON AND HEIR

5. SNACK BOILED EGGS

The Monarch is said to eat a boiled egg every single day without fail, and they have to be cooked for exactly seven minutes.



6. INSTRUMENT CELLO



The former Prince of Wales was once photographed playing in his rooms at Trinity College Cambridge, while he was an undergraduate there.

7. TV SHOW GBBO



When King Charles and the Queen Consort met Great British Bake Off contestant and semi-finalist Selasi Gbormittah in 2018, the royals told him they were fans of the show.

8. CELEB CRUSH BARBRA STREISAND

There were whispers the King had a celebrity crush on the singer, now 80. Author Christopher Andersen said the King once described the singer and actress as "my only pin up".



18. MEAL MUSHROOM RISOTTO

He will only eat mushrooms sourced from his own estate in his favourite meal, mushroom risotto with lamb.



19. BAND THE THREE DEGREES

The band played their hit song *Givin' Up, Givin' In* at the King's 30th birthday party. He once said the song "long ago, used to provide me with an irresistible urge to get up and dance".



20. RESTAURANT BRILLIANT

His favourite London curry house was named best Punjabi restaurant and won the lifetime achievement award in the Cobra Good Curry Awards in 2006.



13. HOBBY PAINTING/WATERCOLOURS

The King is a keen watercolourist and paints whenever he is not working. Some of his paintings have been sold with proceeds going to The Prince of Wales's Charitable Foundation, which benefits communities.



NEW MONARCH'S 20 FAVOURITE THINGS

is nuts about.

KING Charles is famed for his love of polo, the environment and even talking to plants. But what are his lesser-known joys? Here, Emer Scully explores what makes our monarch happy...

QUEEN ELIZABETH II

FREYA WILSON
THE KING'S SPEECH

OLIVIA COLMAN
THE CROWN Series 4

SAMANTHA BOND
AGE OF ELIZABETH

EMMA THOMPSON
WALKING THE DOGS

HER Majesty made a Christmas broadcast every year of her reign except 1969, when she penned a written message and documentary Royal Family got its second airing on TV.

SARAH GADON
A RIGHT ROYAL NIGHT OUT



SUSAN JAMIESON
THE QUEEN (2009)



EMILIA FOX
THE QUEEN (2009)



Screen Queens who dazzled us

by Janine Yaqoob, TV EDITOR

THE Queen has been a constant presence in films and on TV. Stars who took on the royal role include Claire Foy, 38, Queen in the first two series of Netflix's The Crown. Olivia Colman, 48, starred in series three and four and Imelda Staunton, 66, will play The Queen in the final two series.

For 2006 film The Queen, Dame Helen Mirren, 77, won an Oscar. She was queen again in theatre show The Audience in 2013. Kristen Scott Thomas, 62, was in the show in 2015.

Emma Thompson, 63, was Queen in Walking The Dogs and Sarah Gadon, 35, in A Royal Night Out.

Other screen Queens include Neve Campbell, 48, Freya Wilson, 23, and lookalike Jeannette Charles, 94. Barbara Flynn, 74, Samantha Bond, 60, Emilia Fox, 48, Susan Jameson, 81 and Diana Quick, 75, all played her. Eddie Izzard, 60, voiced her in The Simpsons.

IMELDA STAUNTON
THE CROWN Series 5



NEVE CAMPBELL
CHURCHILL: THE HOLLYWOOD YEARS

whether it be long or short shall be devoted to your service and the service of our great imperial family to which we all belong. But I shall not have strength to carry out this resolution alone unless you join in it with me, as I now invite you to do: I know that your support will be unfailingly given."

FIRST CHRISTMAS BROADCAST, 1952, SANDRINGHAM



Many grave problems and difficulties confront us all, but with a new faith in the old and splendid beliefs given us by our forefathers, and the strength to venture beyond the safe ties of the past, I know we shall be worthy of our duty.

Above all, we must keep alive that courageous spirit of adventure that is the finest quality of youth; and by youth I do not just mean those who are young in years; I mean too all those who are young in heart, no matter how old they may be.

CORONATION DAY SPEECH, JUNE 2, 1953, WESTMINSTER ABBEY

I have in sincerity pledged myself to your

by Lydia Veljanovski

THROUGH Britain's proudest moments and darkest days, the Queen's words have perfectly reflected the nation's mood.

She gave comfort in crises and celebrated with us at times of joy. Here are extracts from some of her most memorable speeches...

CHILDREN'S HOUR, OCT 13, 1940, WINDSOR CASTLE

"Thousands of you in this country have had to leave your homes and be separated from your fathers and mothers. My sister, Margaret Rose, and I feel so much for you as we know from experience what it means to be away from those we love most of all. We know... in the end all will be well; for God will care for us and give us victory and peace."

ELIZABETH'S 21ST, APRIL 21, 1947, CAPE TOWN, SOUTH AFRICA

"I declare before you all that my whole life

Words of wisdom...

THE QUEEN'S BEST SPEECHES

ALWAYS IN OUR HEARTS



KRISTIN SCOTT THOMAS
THE AUDIENCE

service, as so many of you are pledged to mine. Throughout all my life and with all my heart I shall strive to be worthy of your trust.

I am sure that this, my coronation, is not the symbol of a power and a splendour that are gone but a declaration of our hopes for the future.

CHRISTMAS BROADCAST, 1972 (YEAR OF 25TH WEDDING ANNIVERSARY), BUCKINGHAM PALACE

One of the great Christian ideals is a happy and lasting marriage between man and wife, but no marriage can hope to succeed without a deliberate effort to be tolerant and understanding.

We know only too well that a selfish insistence upon our rights and our own point of view leads to disaster. We all ought to know by now that a civi-

lised and peaceful existence is only possible when people make the effort to understand each other.

ANNUS HORRIBILIS, NOV 24, 1992, GUILDFHALL

1992 is not a year on which I shall look back with undiluted pleasure. In the words of one of my more sympathetic correspondents, it has turned out to be an 'annus horribilis'. I suspect that I am not alone in thinking it so. Indeed, I

suspect that there are very few people or institutions unaffected by these last months of worldwide turmoil and uncertainty. I sometimes wonder how future generations will judge the events of this tumultuous year.

TRIBUTE TO PRINCESS DIANA, SEPT 5, 1997, BUCKINGHAM PALACE

It is not easy to express a sense of loss, since the initial shock is often succeeded by a mixture of other feelings: disbelief, incomprehension, an-

ger – and concern for those who remain. We have all felt those emotions in these last few days. So what I say to you now, as your queen and as a grandmother, I say from my heart. I admired and respected her – for her energy and commitment to others, and especially for her devotion to her two boys... No one who knew Diana will ever forget her.

Millions of others who never met her, but

felt they knew her, will remember her.

AFTER QUEEN MOTHER'S DEATH, APRIL 8, 2002, WINDSOR CASTLE

I count myself fortunate that my mother was blessed with a long and happy life. She had an infectious zest for living, and this remained with her until the very end.

QUEEN'S 80TH BIRTHDAY SPEECH, JUNE 15, 2006, MANSION HOUSE

As Groucho Marx once said: 'Anyone

can get old – all you have to do is live long enough.'

COVID-19 BROADCAST, APRIL 5, 2020, WINDSOR CASTLE

We should take comfort that while we may have more still to endure, better days will return: we will be with our friends again; we will be with our families again; we will meet again. But for now, I send my thanks and warmest good wishes to you all.

FINAL CHRISTMAS SPEECH, 2021, WINDSOR CASTLE

In the months since the death of my beloved Philip, I have drawn great comfort from the warmth and affection of the many tributes to his life and work – from around the country, the Commonwealth and the world.

His sense of service, intellectual curiosity and capacity to squeeze fun out of any situation – were all irrepressible.

That mischievous, enquiring twinkle was as bright at the end as when I first set eyes on him.

feedback@people.co.uk



HI TEA: Paddington Bear meets HM for Platinum Jubilee

Petrol head of state...

Queen got lifelong fix from cars



QUEEN OF ROAD: In a Land Rover in 2005



POWER STEERING: Range Rover



ROYAL WHEELS: Land Rover at Windsor, 1985

HEIR AND A SPARE

Princess Elizabeth changes tyre in 1945

by Jack Clover

THE Queen liked to be in the driving seat throughout her reign – and could even fix cars.

During the Second World War, the then Princess Elizabeth joined the Army aged 18 and learned how to drive and maintain ambulances and trucks.

Newspapers dubbed her 'Princess Auto Mechanic' and she even gave her father, King George VI, a tutorial in engine maintenance at The Mechanical Transport Training Section in Camberley, Surrey, in 1945.

The Queen's passion for motoring

never died and she was often pictured happily behind the wheel into her 90s.

And she was reportedly the only person in the country not legally obliged to have a driving licence.

Her Majesty's cars came in all shapes and sizes but they all had one thing in common – they were built in Britain.

A countrywoman at heart, the Queen owned around 30 Land Rovers and Range Rovers, whisking the family off for picnics and shooting parties on her country estates for decades.

Her favourite was said to be the 2002 Defender 110, featuring a TD5 diesel engine with raised suspension and

heated seats. Her beloved husband, Prince Philip, famously had a Land Rover modified to create the hearse for his funeral in April last year.

For more ceremonious occasions, the Queen relied on iconic luxury cars such as the Rolls-Royce Phantom VI she acquired at her 1977 Silver Jubilee, complete with Royal Standard, and two official Bentley limousines.

But our down-to-earth monarch was not always one for pomp and show, and was often seen driving vintage family classics like a Vauxhall Cresta estate or the Rover P5B saloon.

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ON A ROLL: Rolls-Royce in 2001



HEAD OF ESTATE: 1961 Cresta



ROYAL WHEELS: Land Rover at Windsor, 1985



Princess Elizabeth changing a tyre in 1945.

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Rachael Bletchly

rachael.bletchly@people.co.uk

JUST SAYING!

He will prove Diana wrong

I NEVER really understood the tsunami of grief that followed the death of Diana, Princess of Wales.

I was shocked, of course, and desperately sad – for her friends, her family and especially those two poor boys.

But I found the public displays of mourning baffling, mawkish and unsettling.

The Queen of Hearts?

The People's Princess?

The souvenir sellers were even flogging T-shirts saying "Born a Princess, died a Saint"...which clearly wasn't factually correct and really irritated my pedantic sensibilities.

These people didn't know Diana as a person. Very few had even seen her in the flesh, so why were they acting as if they had lost a very close relative?

Surely this was some kind of mass hysteria, a desire to be part of a big national event, rather than a genuine emotional connection?

I was wrong. I came to understand that a bit more in the months and years afterwards.

But I never truly got it until now, a quarter of a century on.

Because the wave of emotion I experienced over the death of the Queen on Thursday felt like grief for a cherished elderly relative.

And the lump in my throat when I heard her son make his extraordinary first speech as King proved I DO have a personal connection with this new and relatable sovereign.

I realise now that much of that is due to his late ex-wife – to the famous "Diana effect" that I, and the Windsors themselves, once found so incomprehensible.

Her natural warmth, her demonstrable empathy, her ability to relate to people from all walks of life changed our own relationship with royalty.

Her Majesty the Queen's stiff upper lip never wobbled publicly during her glorious 70-year reign.

But after Diana's death she began to show us more of her personal feelings and admitted she had learned lessons from her daughter-in-law's life.

Diana's two sons have carried her brand of royalty forward and shown the same ability to hug, hold and comfort ordinary people.

And William's wife Catherine, the new Princess of Wales, has proved that she is more than capable of bearing the loaded legacy of

the title. Even Camilla, the once-loathed mistress, has won the respect and support of the nation with her own down-to-earth brand of royalty.

Millions of people were taken by surprise by the strength of their own grief at the Queen's death.

Many were reminded of their own personal bereavements, the loss of friends and family.

But others felt it left a gaping hole in the heart of the nation and wondered whether King Charles III would ever be able to fill it.

Because Diana always told us that he really wasn't up to "the top job", didn't she?

Well, I suspect she may be looking down today and admitting she was wrong.

Because his first public walkabout and that moving address to the nation on Friday suggest Charles will be a caring, open and tactile King who wears his heart on his sleeve.

We've heard plenty about his plans for a slimmed-down monarchy but it looks like we may be in for a loved-up one too.

Meeting his subjects outside Buckingham Palace, Charles gripped their hands, spoke about his grief and asked them for their support.

One woman kissed his hand, while another planted a smacker on his cheek and he clearly relished the intimate interaction with his people.

He used the word "love" repeatedly in his speech, he showed us real emotion.

And, with tears in his eyes, Charles touchingly thanked his dear Mama for everything, and wished that flights of angels might sing her to her rest.

Another tsunami of grief is sweeping across the nation as we come to terms with the loss of our longest reigning monarch.

And as the royal family became more relatable in the aftermath of Princess Diana's death, more of us are caught in the swell.

Our new monarch, King Charles III, has already connected with his people.

And he is well on his way to being crowned our King of Hearts.

Bletchly



MOVING:
New King
addresses
the nation

She always
told us Charles
wasn't up to
the top job



CARING:
Charles
yesterday



Snap[★]shot

THE SHOWBIZ WEEK IN FOCUS

By Karen Rockett

Is it raining men again, Geri? Ginger Spice looks suspiciously happy about the heavens opening.



I'll be sad not to see her on Strictly this year. I'll always worry about my sister but I have to respect her decision and let her go

Motsi Mabuse's going to miss little sis Oti, who's defected to ITV's The Masked Dancer.



Not her usual glamorous self! Yummy mummy Ferne McCann after surviving the gas attack game on Celebrity SAS.

As I've got older, I've started to embrace it. I'm not 21 any more and it's harder to keep your body at my age. I'm embracing it.

Kerry Katona isn't going to let a few holiday pounds get her down any more.



Davina McCall is off on tour to promote her new book on the menopause, looking suspiciously like she's doubled up on the HRT patches!

The week's earth-shattering celeb news

1 Justin Bieber is on another break from touring to "make my health a priority". He has Ramsay Hunt syndrome, which has paralysed the right side of his face.

2 Wildly popular children's cartoon Peppa Pig introduces its first same-sex couple - Penny Polar Bear has two mums!

3 And former Olympic athlete Dame Kelly Holmes joins the Loose Women, becoming the hit ITV daytime show's newest panelist.

Email at snapshot@people.co.uk

Martin Clunes on why WHAT'S

A bitter-sweet ending after 18 yrs as TV GP

He hasn't got one foot in grave in final series

EXCLUSIVE

by Alison James

TELLY fans have a special appointment with the doctor for the next seven weeks at 9pm on Wednesdays.

The GP, a tad grumpy it has to be said, will also see them one last time at Christmas.

Then that's it. After 18 years, Doc Martin - an absolute tonic for viewers - will pack away his stethoscope and bag for good.

Actor Martin Clunes has called time on the show so that it goes out on a high.

A sneak preview of upcoming episodes suggest that his mission is accomplished.

And don't be alarmed by our snap of the Doc clambering out of a grave - Clunes assures us the show does not end in tragedy.

But that's not to say it wasn't without real tears as the cast brought the much-loved drama to a close. Clunes, 60, says: "Filming the final scenes was very much a bitter-sweet experience for me.

"On set, we were all in tears towards the end.

Denial

"When we started shooting back in February, we were so busy I didn't have time to dwell on this series being the last. I think I was in a kind of numb denial.

"I've spent so much of my life down here - we all have.

"Doc Martin aside, we've had real-life marriages here, babies being born, our kids going to local nurseries and spending their school holidays here.

"My daughter Emily, who's now 23, came down for a visit and when she was driving away, she said she was in tears because she was thinking it was the last time she'd do that. I hadn't realised the impact it would have on her and I felt quite guilty about it."

Dr Martin Ellingham has captured viewers' imagination since first appearing in 2004.

He has a phobia of blood, a brusque bedside manner and a long-suffering wife Louisa, played by Caroline Catz, 51.

The final series kicked off last Wednesday and revealed they have had baby daughter Mary - a sister for James.

As the eight-part drama progresses, the Doc ends up in yet more scrapes - but Clunes is quick to calm fans' fears of a sad ending.

He says: "I'm not saying how it all finishes, But rest assured there isn't a death."

For almost two decades the actor has spent five months every other year staying in Port Isaac, the setting for the fictional TV village of Portwenn. The show has been a monster



SCRAPE: Miller, Absolom and, in grave, Clunes



TV FAMILY: Doc, his wife Lousia, kids... and pooch



REAL WIFE: Show producer Philippa

hit and has been sold to 138 countries. So why end it now? Clunes explains: "It feels like the right time. It would be very tempting to keep going but we want to go out on a high rather than have the show cancelled at some point.

"It's been very important to us to keep the quality of the scripts and the characters very high. At the end of series nine, we reckoned that we could do one more season and keep the standard as high as it's always been. Series 10 seemed the right time to end it - plus, we've done a Christmas special, which rounds things off very nicely."

The show is produced by Martin's real-life wife



CALLER: Fay Ripley in last week's show

Philippa Braithwaite, who he married in 1997. The TV doc's famous hillside house and surgery was recently put up for sale. So were Martin and Philippa tempted to put in an offer?

"Er, no," he laughs. "It's a perfectly charming house but how surreal would it be if I actually lived there? Imagine people staring through the window and seeing me! Good luck to whoever's bought it."

"I wonder how long the new residents will be able to put up with people knocking at the front door and asking if the Doc is in!"

Clunes - who found fame alongside Caroline

he must hang up stethoscope

UP DOC?



Picture: NEIL GENOWER

Quentin, Neil Morrissey and Leslie Ash in the smash-hit 1990s sitcom *Men Behaving Badly* – takes away some great memories from Cornwall.

Not least his stunts.

He recalls: "Abseiling down a cliff wearing a suit, normal shoes and carrying a medical bag. I had to do an emergency trepanning (perforating a person's skull) with a drill into the guy's head.

"I did actually do the abseiling, I did that walking out over the edge of the cliff, which was quite alarming.

"I had the drill in one hand and the medical bag in the other. I think it's better if you can do your own stunts.

"Another highlight has been being allowed to pretend to fall in love with Caroline Catz every other year. That's been a big joy. And, of course, the fact I

got to go to work with my real-life wife Philippa."

Doc Martin has attracted an array of A-list stars over the years. The first episode of Series 10 featured *Cold Feet*'s Fay Ripley, 56.

Lesley Nicol, 69 –

Downton Abbey's Mrs Patmore – will star, while Ben Miller and Joe Absolom return.

Clunes was hoping Caroline Quentin, 62, might reprise her role as a homeopathic vet. But it wasn't to be. "We were gutted we couldn't find another storyline for Quenty in this one," the actor says.

"Her daughter Rose is in an episode of this series, though. We've had some



FINAL SCENE: Hugs as Clunes bids a farewell

ON CALL: New drama for doc in woodland

great stars. Sigourney Weaver, Roger Lloyd Pack – and Claire Bloom played my mother. Ben Miller was a crazy park ranger, Kenneth Cranham was Louisa's father, Richard Johnson was a curmudgeonly colonel, Julie Graham was PC Penhale's estranged

wife, Anne Reid ran a cat sanctuary. "Tom Conti asked for a role! I'd never met him but I remember my mum taking me to see him in *Whose Life Is It Anyway?* at The Savoy years ago.

"He came up to me at a Dame Edna Everage event and said, 'I really like your show – the only witty thing on TV'. We

went on to offer him the role of a surgeon who was scrutinising the Doc in the ninth series."

Clunes won't be off screen for long. "I am going back to the Pacific for a second series of *Islands of the Pacific* for ITV," he explains.

"I've also been asked to be president of the World Clydesdale Show in Aberdeen in October and I am going to take my two Clydesdale horses up with my carriage."

Sounds like a great journey. Particularly after an 18-year trip down memory lane.

feedback@people.co.uk

■ **Doc Martin is on ITV, Wednesdays, at 9pm.**



MEN BEHAVING DADLY: Clunes in sitcom with Lesley, Neil and Caroline



MOVIE MAGIC:
With famous guest
Sigourney Weaver



RETURNING:
Ben Miller



SEND OFF: Fay Ripley in new series

We've had some great A-list guest stars along the way

LOSS:
Darius
used gas
for pain



PALS: With Scot Gerard Butler

Pop idol's drug hell

EXCLUSIVE

by Janine Yaqoob TV EDITOR

POP Idol star Darius Campbell Danesh died after inhaling a gas used to treat his chronic neck pain following a horror car smash.

A doctor's report published yesterday found the 41-year-old Scots-born singer died from sniffing chloroethane.

The gas, commonly known as ethyl chloride, is used as a pain-killing spray for minor sports injuries but is used by drug users and can produce a sense of euphoria if inhaled.

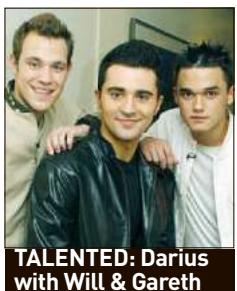
Darius, who came third in ITV's Pop Idol in 2002 behind Gareth Gates, 38, and winner Will Young, 43, was found dead at his flat in Rochester, Minnesota, US, last month.

In a statement his family said: "Darius's death was an accident caused by chloroethane, which is used to treat pain and that tragically led to respiratory arrest." The singer broke his neck in 2010 when the Porsche he was a passenger in hit a wall at 70mph in Spain in 2010.

Chloroethane became popular as a street drug in the 1980s. Inhalation of high doses can cause liver and kidney damage and death.

Darius's debut single Colourblind reached No.1 in 2002 before he took to the stage in a number of West End hit shows.

Family and close friends, including Hollywood actor Gerard Butler, 52, turned out for his funeral in Glasgow.



TALENTED: Darius with Will & Gareth



SHOOTING: Olivia, nine

Arrest over Olivia kill

by Karen Rockett

A 37-YEAR-old man has been arrested in connection with the gun murder of nine-year-old Olivia Pratt-Korbelt in Liverpool.

Police said the suspect, from West Derby, has been held on suspicion of assisting an offender.

He remains in custody and is being questioned by detectives.

The force said: "We continue to appeal for people to come forward to help us in bringing those responsible to justice."

He is the eighth person to be arrested in connection with the shooting of the girl in her home on August 22.

Police said a 29-year-old man arrested on Thursday is still in custody. Nobody has yet been charged.

A 34-year-old arrested on suspicion of the murder of Olivia is out on bail along with men aged 29, 34 and 41, held on suspicion of assisting an offender.



DANGER: Giant whale

Five killed 'by whale'

by Karen Rockett

A WHALE was blamed for the drowning of five people yesterday.

It is thought the giant mammal surfaced underneath their boat, flipping it over.

Six others were rescued by helicopter after the tragedy off the coast of Kaikoura, New Zealand.

The boat was a chartered fishing vessel and it is thought the victims were women on a bird watching expedition.

Town mayor Craig Mackle said during the search that the water was "bloody cold" and the outcome for anybody who had fallen overboard was not likely to be good.

He said the assumption was that the whale had surfaced beneath the boat.

Rescuers pulled the capsized boat back to shore.

GIRL, 4, GAVE TOT MUMMY, I want to do whatever I can to save my brother

Stem cells aid cancer fight

EXCLUSIVE

by Lucy Laing

A BRAVE little girl saved the life of her baby brother – on his first birthday.

Carey Austin was diagnosed with a rare type of blood cancer when he was just eight months old.

His only hope of survival was a stem-cell transplant.

Against all odds, his sister Aubrey, four, was a perfect match.

Surgeons operated on Carey's first birthday and six months later he is cancer-free thanks to his big sister.

Their mum Naomi said: "She absolutely adores Carey and when we explained to her about the transplant she wanted to do everything she could to save him."

"She's only four years old, yet she was only thinking of how she could help him. We felt so guilty putting her through an operation too, but it was Carey's only chance of survival. She



BRAVE: Aubrey with Carey

was so brave about it. She knew that her blood was going to save him."

During a two-hour procedure at Great Ormond Street Hospital, London, surgeons took out Aubrey's stem cells and they were put into Carey's body via a drip.

Naomi said: "The fact that the transplant took place on Carey's birthday was so significant – that she was giving him a second chance at life on that special day."

Cuddle

"The doctors and nurses said they had never seen anyone have a stem cell transplant on their birthday before."

"Aubrey was very groggy and woozy when she came around from the operation, and she had puncture wounds on her back from where the stem cells had been taken out."

"But she was still smiling through it all. She was so brave. She never complained about being in pain and she was just pleased to see how her little brother was afterwards."

When the brother and sister saw

GIFT OF LIFE ON 1ST BIRTHDAY



BIG SIS:
Carey and
lifesaver
Aubrey, 4

each other for the first time after the operation, there was not a dry eye in the room.

Naomi said: "It was so sweet when they were reunited."

"We took Aubrey to see Carey and she gave him a cuddle. They were thrilled to see each other again."

After a two-day hospital stay for Aubrey and seven weeks for Carey, the family were able to settle back into life back home in Brighton, East Sussex.

Carey is now in remission, with no signs of the cancer cells in his body.

But his parents have been warned that the disease is so aggressive that until March next year there is a 40% chance of it returning. After that, the likelihood falls to just 5%.

Naomi added: "Two other children lost their lives on the cancer ward while we were there, so we know how lucky Carey has been."

"He and Aubrey have always been close but now their bond is stronger than ever. She's a superstar and he couldn't have wanted anything more from a big sister. He's doing so well

now. He loves playing with his cars and he's just learning to walk too."

"Aubrey is with him all the time – she just adores him. She knows that she has saved his life and she loves being a big sister to him. They play cars together and he's learning to walk, so she stands with him encouraging him to take his steps."

Carey fell ill last November but Naomi, a paediatric audiologist, and her husband Simon, a CPS lawyer, both 43, thought it was bronchitis because his sister had recently had the same thing.

A GP agreed but two days later he was rushed to hospital by ambulance with breathing difficulties.

Doctors at Great Ormond Street diagnosed juvenile

myelomonocytic leukaemia, or JMML, which cannot be treated with chemotherapy. There are only 1.2 cases per million children in the UK each year.

Naomi said: "I was hysterical. I kept trying to tell them that it wasn't cancer, it was bronchitis. I couldn't accept what was happening."

Because parents are not suitable donors, Aubrey's bone marrow was tested, a process that involves drawing a sample out using a needle.

Naomi said: "There is only a 25% chance of any sibling being a match, so even with Aubrey we knew that the odds weren't in our favour. If she hadn't been a match then we would have had to wait until doctors found an anonymous donor, but that may not have happened in time for Carey."

throughout their ordeal. Naomi said: "Having a child with cancer is one of the worst things that can happen to you. We didn't realise that it was leukaemia so we are thankful that it was spotted in time."

"When the results came back to say that she was a perfect match for him, we couldn't believe it. We had been praying that she would save him, so to get the news that she was a match for him was just incredible."

"When we heard I couldn't stop crying, it was so emotional. To think that Carey was going to have a chance of survival thanks to his big sister was the answer to our prayers."

Celebration

The mum added: "We did feel guilty about putting her through the procedure, but when we spoke to her about it, all she wanted to do was help. We were so proud of her."

The transplant was made even more special as it took place on March 15, which was Carey's first birthday, giving the family a double celebration.

They are keen to raise awareness of the cancer symptoms and the charity Childhood Cancer and Leukaemia Group, which has helped them

They were always close and that bond is even stronger now



MATES:
Bro and sis play together



LOVE: Aubrey and little brother

feedback@people.co.uk
For more information and support visit cclg.org.uk



VICTIM: Jade Goody

Alert is cancer beater

EXPERTS agree screening is one of the best ways to protect women from cervical cancer.

Once 25, they should be invited for a test and continue to have them every few years until 64.

A small sample of cells is taken and checked for certain types of human papillomavirus (HPV) that can cause changes to the cells of the cervix.

These are called high-risk types of HPV.

If found, the sample is then checked for any changes in the cells of your cervix. Any such problem cells can be treated before they get a chance to turn into cervical cancer.

This year, a national cervical screening campaign was launched and figures revealed nearly a third of those eligible were not screened.

The Help Us Help You campaign urged women not to ignore screening invitations and make sure to book appointments with their GP or sexual health clinic.

There are roughly 3,200 cervical cancer cases each year and one of the most high-profile in recent years was Big Brother star Jade Goody.

She shot to fame in 2002 but in 2008 was diagnosed with cancer.

She lost her battle in March 2009, aged 27, and her tragic death sparked a major uptake in screening.

Three years ago, WAG Rebekah Vardy, 40, revealed she had a scare aged 20 – having pre-cancerous cells removed after a smear test flagged them up.

Others to fight cervical cancer include US kids' author Judy Blume, 84.



SCARE STORY: Rebekah Vardy

The beauty of a free smear test

Miss GB contestant starts campaign to save lives

EXCLUSIVE

by Phil Cardy

A BEAUTY queen aged 21 is calling for women as young as 18 to be given free cervical screening after suffering her own cancer scare.

Olivia Grant, who hopes to be crowned Miss Great Britain, paid for a test last year and learned she had CIN 2 – abnormal cells that, if untreated, can become cancerous.

Olivia, who is Miss York, said tests for young women are vital to spot the early signs of potential cancers.

But at present, the NHS only offers cervical screening to women aged 25 to 64.

Olivia told the Sunday People: "I had to pay for a test, I had to go private. It cost £380. I was lucky enough to be in a position to do that. When I was diagnosed I just thought, 'Oh, my gosh. What if I'd left it for four years? What could have happened? How many women are in this position?'

Fortunate

"That's why I launched the campaign to lower the age to 18. By reducing the age of smear tests and screening, we can save lives, we can tackle cell changes early and prevent cervical cancer."

Olivia has launched an online petition and a podcast, Behind the Glass, where she speaks to other women about cancer.

She said: "It's myself and other women talking about what needs to be done and what could be different. I spoke to one woman who was diagnosed with cancer at 23.

"It's important we get this message out there. It's tragically too late for some women but it's not too late for the next generation."

"I was fortunate enough to be able to pay for my test before I was 25 but many women are not able to do so – and why should they have to?"

She hopes to use her platform in Miss GB to raise awareness. The finals will be held in October in Birmingham and Olivia said: "Beauty pageants have historically had a negative reputation but the idea that they are an old-fashioned institution couldn't be further from the modern-day pageant."

"Beauty pageants today inspire action and bring together like-minded women from across the globe. Pageants are about making impactful change, they raise hundreds of thousands of pounds for charity and help to shine a light on causes that need more awareness."

Olivia works with Cancer Research UK and Alex's Wish to raise awareness and boost funds for vital research.

feedback@people.co.uk



PLEA: Beauty queen Olivia Grant and, right, in Miss York sash



Emma Pryer on TV

Sara Wallis is away

★ PERHAPS Love Island should recruit tattooed Welsh romeo Gareth from First Dates Hotel.

The former military paramedic seemed more intent on preening himself and doing workouts than finding true love in Tuesday night's Channel 4 series.

After what appeared to be a night of passion with date Cerys (official comment "We had a cuddle") they went back to Wales and things went as flat as a punctured lilo.

I wonder if he was too preoccupied doing bench-presses to realise what a catch she was.

Crisis? Not for muppet millionaires

JUST to get you raging while we're in the midst of a cost of living crisis, Channel 4's Second Hand For 50 Grand has returned with another bunch of muppet millionaires wanting to get their mits on some overpriced, second-hand bling.

Cue the razor-sharp team at Xupes who can spot a mug a mile off. Oops, I mean who like to assist VIP clients buy or sell pre-owned luxury goods.

One minted Irishman jets in and parts with £41,000 in cash for a watch. That's £11,000 profit for the team in one sale. I knew I shouldn't have bothered with a degree.

Creepy Mark, from Blackburn, who's made a fortune in demolition, wants to sell some of the £300,000-worth of Louis Vuitton handbags he's previously bought his mother, who he harbours in his cavernous mansion.

Asked whether he thinks his collection is a little odd, he's quick to the point.

"I suppose some people collect traffic cones," he croaks. Er, no they don't, Mark.

He also wants to offload some horrific LED Louis Vuitton trainers. Even supremo seller Reece, pictured, struggles to get a buyer.



MAT'S WALL FEAT HAD US ALL WAILING

THERE wasn't a dry eye in our house when we watched Mat Armitage become the first amputee in the world to beat the warped wall in last night's new Ninja Warrior UK.

The returning Ninja, who lost a leg after a motorbike crash a few years ago, is proof of what can be achieved through sheer grit and determination.

TEARJERKER
of the WEEK



The contest is the most challenging yet – with pairs of male and female Ninja's going head-to-head and a second round where the winners compete against even tougher, "elite" Ninjas. Translation: Even more kickarse ones.

For what it's worth, the closest I've come to completing an assault course was when I had to navigate a soft-play centre to find a kid's lost sock.



Emma Pryer on TV



UNSETTLING: Katie in documentary Trauma and Me, and, above, with her struggling mum Amy

Katie's trauma and me, me, me

I APPAUD Katie Price for talking about her mental health in her documentary, *Trauma and Me*.

If even one person who is suffering in silence takes strength from her journey, you could argue it was more than worth the Channel 4 airtime.

But it is with trepidation that I launch into anything with the model's name in the title these days.

Like the many brazen publicity stunts she has pulled off over the years, I can't help but think there's a PR fairy in her ear whispering: "Do this and you could get your career back on course."

While Stephen Fry's documentary about manic depression felt truly credible when it came out years ago, this feels more like an act of redemption.

She tells us that she wants to destigmatise mental health by getting it out in the open. She meets two fascinating people who have gone through trauma and come out the other side. But in several unsettling

scenes, you can see the strain Katie's car crash has had on her poor mum, Amy, who has an incurable lung condition and has to lug a tank around.

"When you're not well you just want peace and you want everyone to be settled and everyone on an even keel," Amy sighs.

Who can blame her for wishing that?

The cameras join Katie in the aftermath of that accident a year ago – an apparent attempted suicide.

"The time-bomb has been ticking, and the time-bomb has exploded now," she says, heading to court after being charged with driving over the limit while being disqualified.

Of course she doesn't get thrown in the slinger. I'm not convinced our prison system is ready for KP just yet.

Instead, she embarks on a journey to discover how to better cope with the triggers that, in her words, "set me off like a firework" She's just been through four weeks of trauma therapy. But when she

constantly name drops the Priory, which has previously treated her, and wears a "health is wealth" T-shirt, it all feels a little too contrived.

Despite courting the media for years to build up her KP brand, she also spews out more vitriol against the press, for keeping her in the headlines.

And then for the real blooper.

"I'm hoping it's a positive step for my career and my mental health," Katie declares, before we watch her on another outlandish photocall at the start of the year – this time dressed as a nun.

Katie's "positive step", it transpires, is relaunching her career on the adult site OnlyFans.

"It's frustrating to see other girls do what I've done for 22 years and they get paid good money and stuff for it. It's just a no-brainer," she carps.

Perhaps if Katie thought less about dosh and more about doing something meaningful, it would help the healing process.



★ POSSIBLY the only people in Britain to be glad to see the back of Doc Martin are the locals in Port Isaac – the Cornish fishing village where the show has been filmed for the past 18 years.

Wednesday night's new – and final – series was a reminder of just how brilliantly cast curmudgeonly doctor

Frosty fuzz with a familiar face

★ Line Of Duty's Detective Chief Superintendent Patricia Carmichael is still my number one badass cop, but hot on her heels is The Capture's frosty-faced "corrections" chief, DSU Gemma Garland. I've just twigged where she gets her resting-bitch-face from.

It's Anne Robinson's from The Weakest Link.



Vengeance over Vengas

WE believe Line of Duty star Martin Compston may be guilty of crimes against music.

Surveillance detected him telling pal Phil MacHugh that Vengaboys are "awesome" as they travelled across south-west Scotland in Scottish Fling, a six-part BBC travel



series. They are currently in a VW Campervan named Celine, presumably code for Celine Dion. Time for Compston's AC-12 boss Ted Hastings to deploy an armed firearms officer to destroy their car stereo immediately.

★ It's oh-fish-ial. Paul Whitehouse and Bob Mortimer's *Gone Fishing* may sound reely boring, but series five cod not be funnier. You've gotta tuna in.



Martin Ellingham (Martin Clunes) and afflicted partner Louisa (Caroline Catz) are. Martin's already harassing new arrival Abigail (Cold Feet's Fay Ripley) after becoming convinced she has a serious medical condition only he can help her with.

Thank God there's a Christmas special to look forward to at the end.

DRAG



Take a tour round the magical locations for smash-hit Game of Thrones prequel



Caesar's Camp Aldershot

A large tournament set and medieval camp was built at this beauty spot just outside Aldershot on the Hampshire and Surrey border.

The Targaryen sigil (magic symbol) with a three-headed dragon was spotted during filming at the site of an Iron Age hill fort and the area was taken over by colourful tents and a crowd of extras along with horses and wooden carriages.

Covering an area of about 260 hectares, Caesar's Camp includes woodland, sandy hills and lakes, making it ideal for a hike or cycle. There are dozens of walks to discover, including many suitable for children and dogs, and it's a great spot for a picnic. You can see for miles in good weather – all the way to London if the air is clear.

Standing at 177 metres, Caesar's Camp is also home to an army training area and can be reached by taking a direct train from London.



THE HAND: Rhys Ifans as Ser Otto

by Laura Connor

AFTER a long three-year wait, Game of Thrones fans are finally able to escape back into their world of warring tribes and flying dragons.

The long-awaited prequel House of the Dragon, on Sky Atlantic, is based on George RR Martin's 2018 novel *Fire & Blood* and is set 300 years before Game Of Thrones.

The saga shows how the Targaryen dynasty ended and its star-studded cast includes Paddy Considine, Matt Smith, Steve Toussaint, Emily Carey and Rhys Ifans.

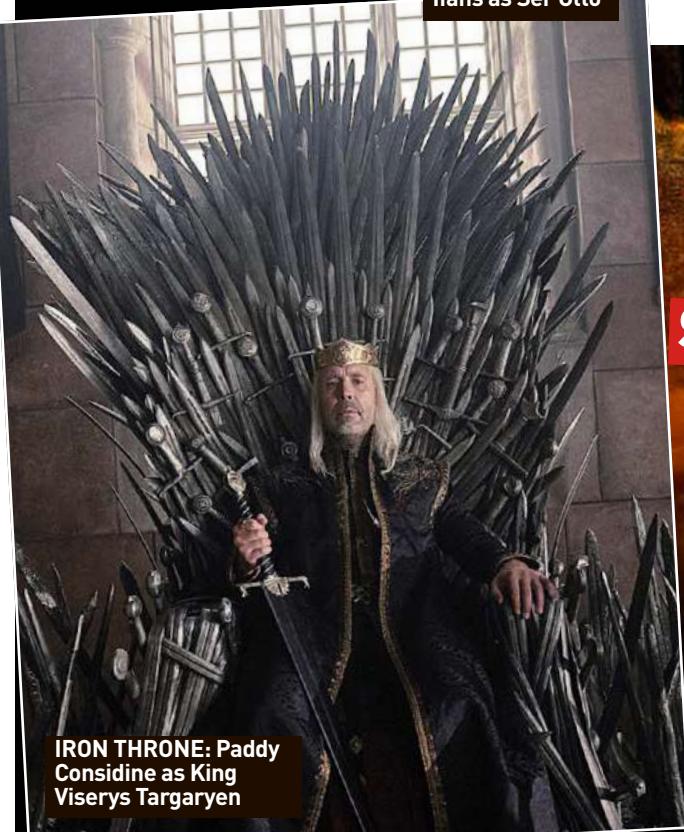
The £170m drama used some of Britain's loveliest places to create the show's fantasy backdrops, as well as the Spanish towns of Cáceres and Trujillo, and the lovely medieval village of Monsanto in Portugal.

Use today's exclusive guide to explore these locations and uncover the hidden secrets of the new 10-part series.

laura.connor@reachplc.com



TROUBLE: Matt Smith as Prince Daemon and, main pic, Milly Alcock as Rhaenyra Targaryen



IRON THRONE: Paddy Considine as King Viserys Targaryen



St Michael's Mount Cornwall

THE island castle of St Michael's Mount is Driftmark, the ancestral seat of the House of Velaryon in the show and was filmed during a two-week Cornish shoot.

An archway featuring a sigil of a seahorse was spotted during filming.

Just off the southern Cornish coast close to Penzance, it's the perfect spot for a family day out. But do check the weather and tide times first. Strong winds and rough seas can force the rugged island to close.

As if custom-made for the GoT universe, the buildings on the site date back to the 12th century and for more than 300 years it has been home to the Lords St Levan, who leased it to the National Trust in 1954.

St Michael's Mount was also featured in a 1979 Dracula film starring Frank Langella and Laurence Olivier, standing in for the vampire's brooding and dramatic castle.

MATT Smith and Emma D'Arcy, who play Daemon and Rhaenyra Targaryen, were spotted filming with a boat and near a wooden shack on the golden sands of this popular National Trust site.

With exposed rocky headlands and grassy dunes, the bay was perfect for filming scenes set in the pirate-infested islands of the Stepstones.

Inside Holywell Bay Cave is natural spring flowing through a pink and green grotto.

The wreckage of a 700-ton steam-powered Argentinian coaster, the SS Francia, can also be seen at low tide.

The beach, close to Newquay, is hugely popular with surfers and is included in a good range of walking trails.

Holywell Beach is already a superstar in its own right: it was often seen in Poldark and also stood in for North Korea in the James Bond movie *Die Another Day*.



Holywell Bay Cornwall

Kynance

A Velaryon army located in the law borderland of Th was filmed at this coastal beauty sp

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INSIDE



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otted on one of

the cliffs, while banded metal
shields with crenellations, huge
longbows and swords stacked
on racks were seen at the
National Trust site.

The cove is near Lizard Point
along the Lizard Peninsula and
is lovely to visit at any time of
the year.



QUEEN: Emily
Carey as young
Alicent Hightower

Castleton Derbyshire

VARIOUS members of the cast were spotted filming in this beautiful village in the heart of the Peak District. It is surrounded by landmarks including Mam Tor and the commanding Peveril Castle, which dates back to 1086, shortly after the Norman conquest.

After the first Cornwall shoot ended in mid-May 2021, exterior filming began in Castleton, which sits at the southern end of the Pennines between Manchester and Sheffield.

Matt Smith was spotted in costume along with Graham McTavish, Emily Carey and Milly Alcock in full mediaeval garb.

Nearby Cave Dale is a limestone valley to explore on a two-mile route beginning in the village. The more adventurous can climb 517-metre Mam Tor and carry on along the picturesque

Great Ridge separating Castleton and the village of Edale.

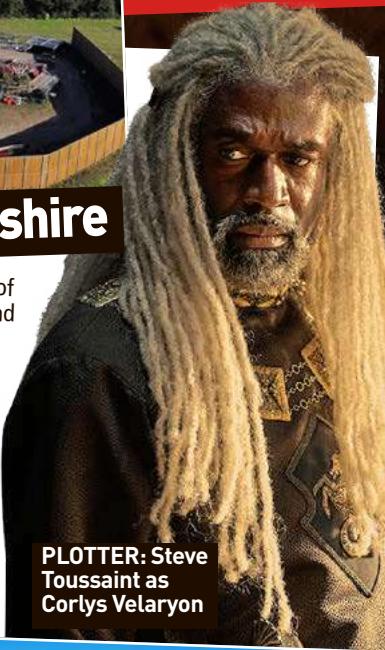


Watford Hertfordshire

GAME of Thrones had an array of exotic locations including Iceland and Croatia, but most filming took place in Northern Ireland.

For House of the Dragon the base for interior scenes and production is now at Warner Bros Leavesden Studios in Watford – where the Harry Potter films were also based.

There are no dragons to be seen near Watford just yet, but you can go on the Harry Potter Studios Tour.



PLOTTER: Steve
Toussaint as
Corlys Velaryon



Hartland Quay Devon

WEST country filming crossed the county border into Devon, where the dramatic seascapes and spectacular cliffs of Hartland Quay formed another backdrop.

Walkers spotted crews in hi-vis jackets and large groups of costumed actors on the green hills and cliffs.

This location near Bude in North Devon on the Atlantic coast was also seen in the Disney adaptation of Treasure Island in 1950 and Netflix's 2020 version of Rebecca.

The site is on the South West Coastal Path and is part of a Heritage Coastline, but seas can be rough in winter.

The Quay itself was built in the 16th century, when lime, slate and coal were shipped across the Bristol Channel.

WIN £100 on our BINGO

HERE'S an extra chance to win £100 in our great Bingo game. Today it's Day 7 of Game 34 on your card. Every weekday new numbers are printed in the Daily Mirror. But if you don't have all the numbers crossed off on the grid you can still win our £100 Sunday prize. Today's Sunday Mirror has different numbers for extra chances to win. All 15 numbers on either of your Game 34 grids must be crossed off to win. To claim tomorrow call 01420 525501 (R01 01 868 8600) from 10am to 3pm on Monday's only, lines are not open today.

If you still need a new game card please email your name and address to reach@webfulfilment.com.

DOUBLE PLAY BINGO

Sun Sep 11 2022
Game 34 Day 7

2 73 23

SUNDAY PEOPLE Mirror

No responsibility is accepted for failure to claim in the stated hours. Calls charged at national rate. Standard Reach plc rules apply, see mirror.co.uk/2022bingorules. Full terms as previously published.

FREE INSIDE



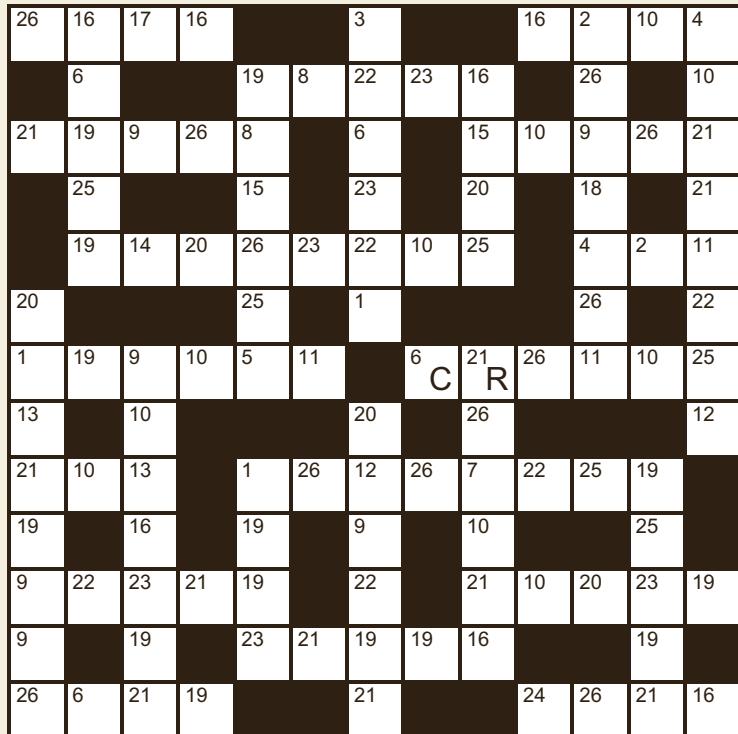
LOVE SUNDAY
Reality TV has been good for me

FREE SUNDAY

CODEBREAKER

We've taken a completed crossword puzzle and replaced each letter in the grid with the same number throughout. Two letters have been given to start you off, so write these letters wherever their numbers appear in the grid. The completed grid will include all letters of the alphabet. Remember, none of the answers are proper nouns.

Remember, none of the answers are proper nouns.



ABCDEFGHIJKLMNPQRSTUVWXYZ

1	2	3	4	5	6	7	8	9	10	11	12	13
					C							
14	15	16	17	18	19	20	21	22	23	24	25	26
							R					

NINER

Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters.

93451 gives a Belgian town
37467 gives an Italian city
87287121 gives a mountain range

1 2 3 4 5 6 7 8 9

BRAIN TEASERS

Can you bend your brain around this set of mathematical, lexical and logistical teasers?

1 Four athletes are preparing for different throwing events at the Olympics. Boris is the only one who is throwing something that's not at all round. Cathy isn't throwing the discus, neither is Dieter. Alec knows Dieter isn't throwing the hammer. Can you work out who is taking part in which event?

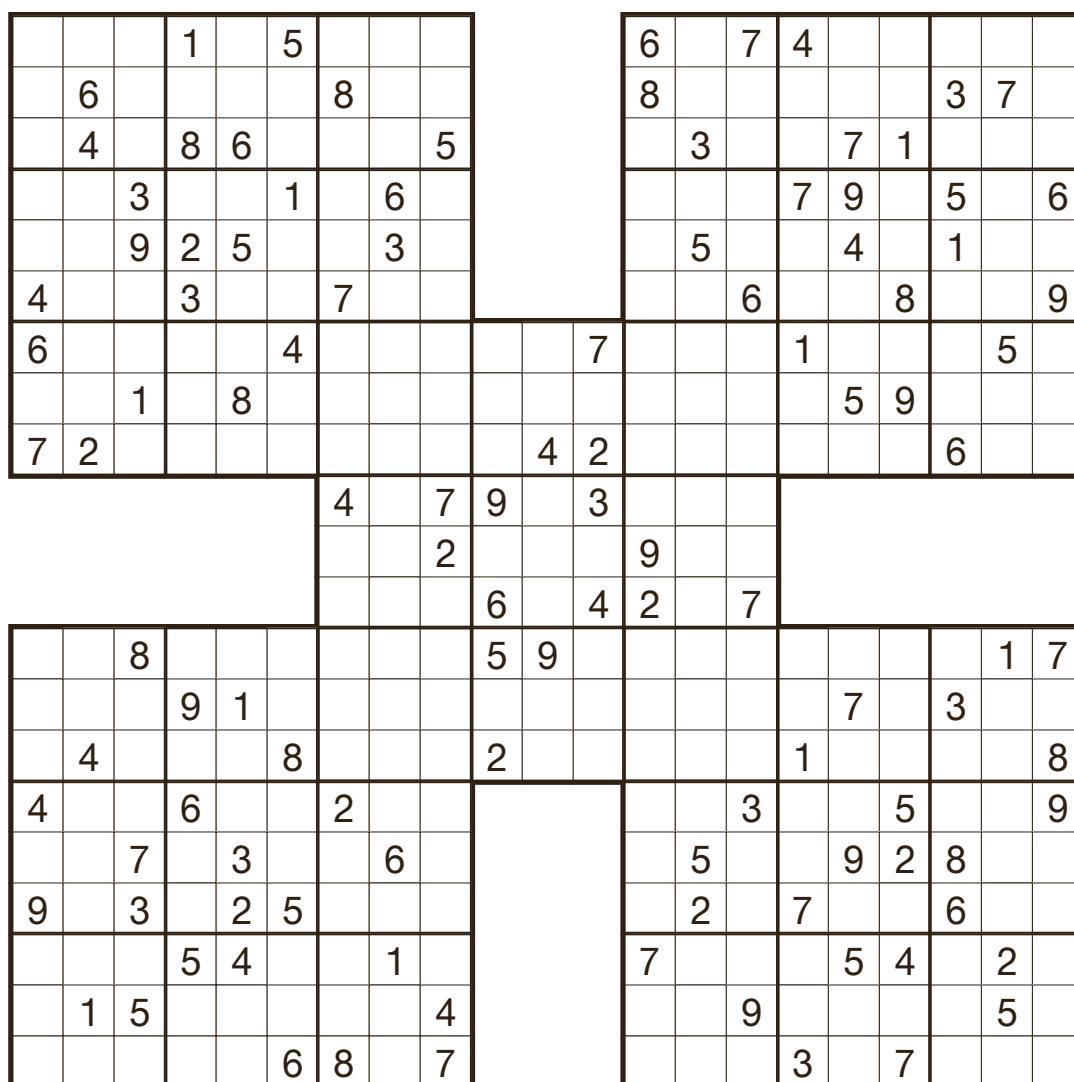
2 Which two words meaning 'distort' and 'faint smell' can be combined to make a word meaning 'not straight'?

3 Which island countries are concealed in the following anagrams?
a) BIND LACONIC UMPIRE,
b) KIND DOG MINUTE,
c) MANDOLIN'S SOLOS

4 Every time Stu buys a lottery ticket he decides to wait twice as long until he buys another. If he buys tickets on the 1st and 3rd of January how many tickets will he buy this year before Christmas?

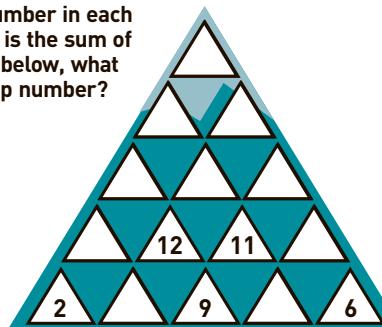
BIG X SUDOKU

The rules for Big X Sudoku vary only slightly from the standard sudoku rules. The 9x9 sudoku at the centre of the X shares four of its 3x3 boxes with those of the outer sudoku. None of the 9x9 sudokus can be solved individually, you must cross-reference between the intersecting grids.



SUMMIT UP

If the number in each triangle is the sum of the two below, what is the top number?



PUB QUIZ

Can you pick out the correct answers in our multiple choice Pub Quiz?

1 Who was the first French driver to be Formula One World Champion?

A René Arnoux
B Jacques Laffite
C Alain Prost

2 In the acronym ERNIE, what does the first E stand for?

A Enumerator
B Electronic
C Equipment

3 Wild Heart and Wake Up are songs by which British band?

A VANT
B The Vamps
C The Verve

4 What is America's Keystone State?

A Maine
B Connecticut
C Pennsylvania

5 According to the nursery rhyme, Wednesday's child is full of what?

A Woe
B Giving
C Grace

6 Who is the host of TV's 8 Out of 10 Cats?

A Alan Carr
B Bradley Walsh
C Jimmy Carr

7 Which children's TV series is set in and around Greendale?

A Ben 10
B Teletubbies
C Postman Pat

8 In January 1993, who was inaugurated as the 42nd President of the United States?

A Ronald Reagan
B Bill Clinton
C George W. Bush

9 Which professional darts player is nicknamed The Artist?

A John Lowe
B Kevin Painter
C Michael van Gerwen

10 What does the L in HTML stand for?

A Link
B Line
C Language

LOGIC

Can you match each villager to their blooms?

The village of Bloomfield is holding its annual flower show. The prize that all entrants hope to win is the 'Bloomfield's Best Blooms' category, where villagers can display their favourite plants.

The judging panel has made its decision, but a strong gust of wind blew away the labels on each of the flowers before they could announce the results. Now they must try to remember which plant belongs to which competitor.

The show has the first female winner for three years, and her flowers aren't purple or white. Richard's sweet peas were unfortunately nibbled by slugs overnight, which placed him in one of the bottom two positions. Cynthia has spent years searching for flowers in a perfect shade of pink, and won't be happy that she hasn't won first place.

The judges were impressed to see an unusual yellow geranium in the competition, putting the man who grew it one above the owner of the roses. They felt, however, that a white hydrangea lacked imagination, and placed it below the sweet peas.

Penelope won't share her secret to growing such enormous dahlia flowers with anyone, but they have certainly wowed the judges.

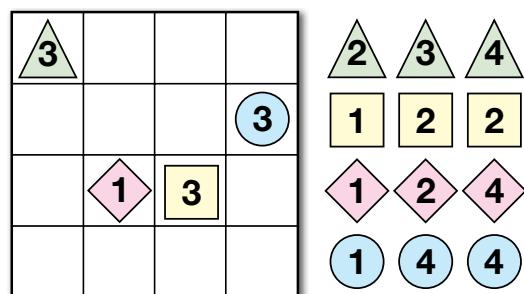
Can you help the panel work out who the winner is before the villagers grow impatient?

	Dahlia	Rose	Sweet pea	Geranium	Hydrangea	White	Pink	Red	Purple	Yellow	First Place	Second Place	Third Place	Fourth Place	Fifth Place
Cynthia															
Gerald															
Penelope															
Richard															
Valerie															
First Place															
Second Place															
Third Place															
Fourth Place															
Fifth Place															
White															
Pink															
Red															
Purple															
Yellow															



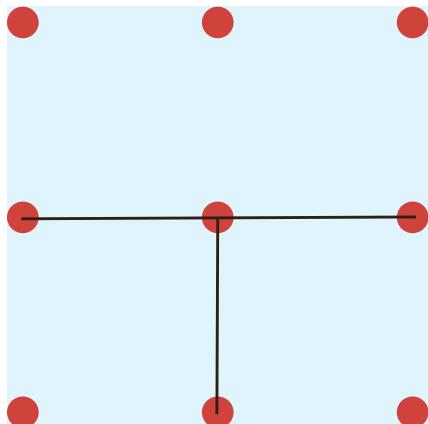
KEIJO

Place the tiles into the grid so that four different numbers and four different shapes appear in each row and column of the grid.



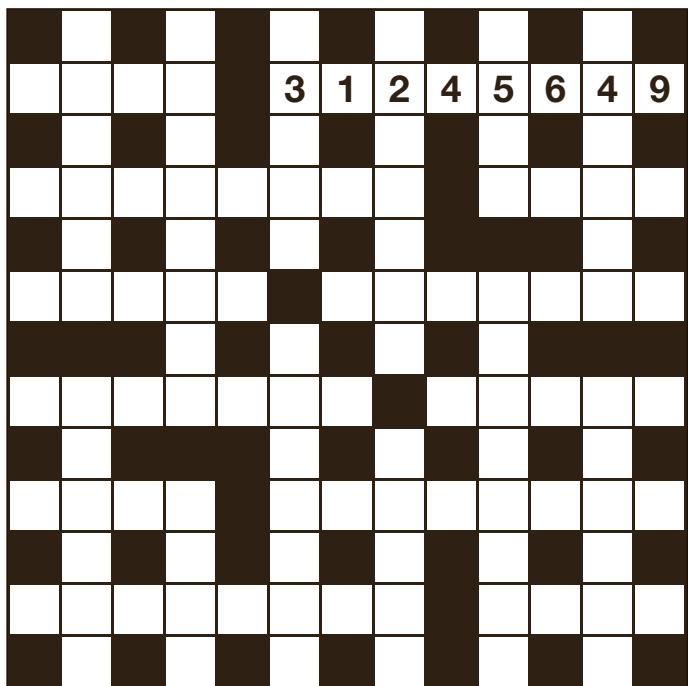
TRIANGLE

Draw 3 straight lines to make 4 triangles. Lines must be drawn from dot-to-dot, either passing through one dot or none at all. Valid triangles must not contain lines running through them, every line segment must form part of a triangle.



NUMBERFIT

All of the listed numbers fit into the grid and there's only one way to do it. One number has been provided to get you started.

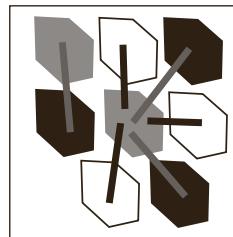


4 digits 1040 12340 1272140 15424568
5 digits 1465 64102 3465865 31245647
6 digits 2501 73805 4591534 45664817
7 digits 4045 78982 7897654 49761032
8 digits 7656 78982 58244212 58951350
9 digits 7987 34561, 456, 54, 65, 76, 85, 94, 05

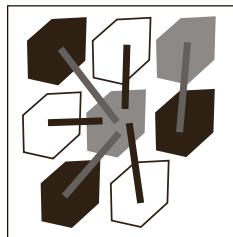
MIRROR IMAGE

Which of the shapes A-D is an exact mirror image of the original?

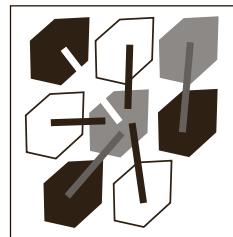
ORIGINAL



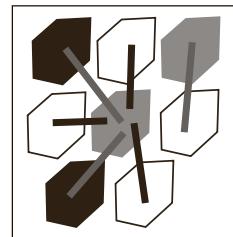
A



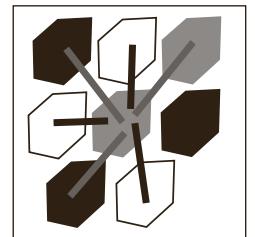
B



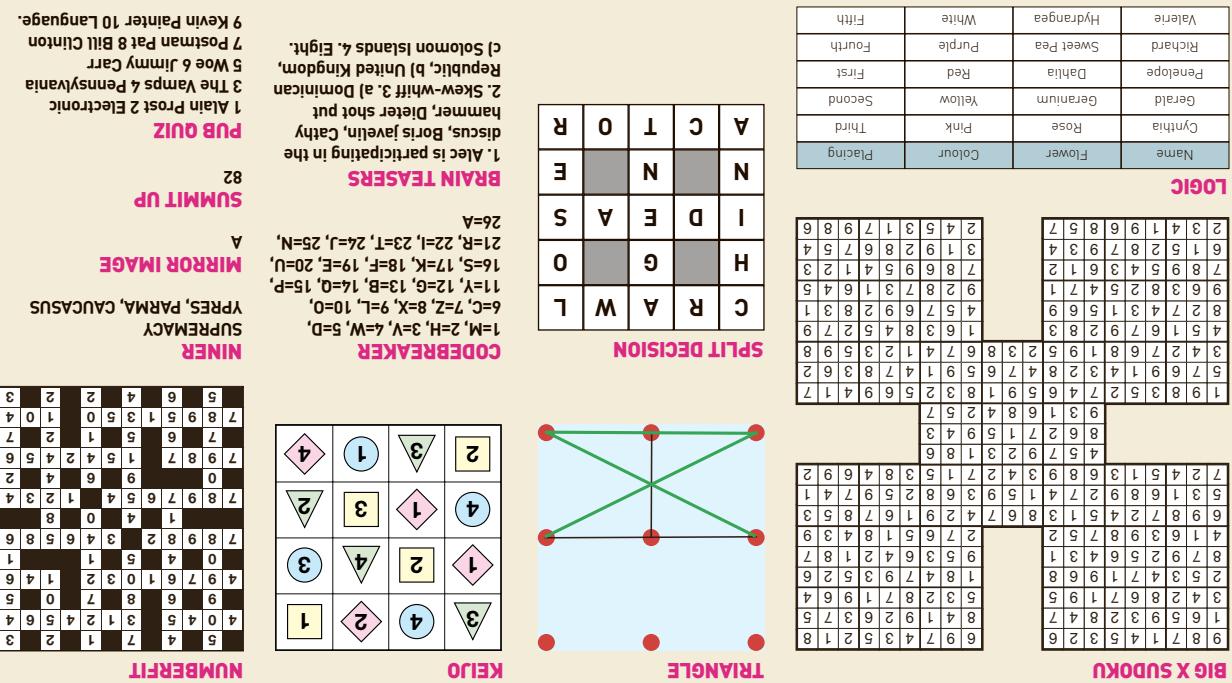
C



D



SOLUTIONS



Name	Flower	Colour	Placing	White	Hydrangea	Fifth
Cynthia	Flower	Placing				
Gerald	Rose	Pink	Third			
Penelope	Dahlia	Yellow	Second			
Richard	Rose	Red	First			
Valerie	Sweet pea	Purple	Fourth			

2	4	5	1	3	4	1	9	1	5	6	8	5	7
3	1	5	2	8	3	6	9	2	7	9	3	4	1
7	8	6	7	3	1	6	2	7	4	5	2	1	3
9	2	6	3	2	5	6	9	1	4	7	8	3	1
4	5	1	6	7	9	2	8	3	1	6	4	5	3
5	6	3	4	7	9	2	8	3	1	6	5	9	8
3	4	2	7	9	2	8	3	1	6	7	5	6	4
6	5	3	4	7	9	2	8	3	1	6	7	4	1
7	6	3	4	7	9	2	8	3	1	6	7	5	6
8	7	4	5	6	7	1	3	2	5	6	9	8	5
9	5	3	4	7	9	2	8	3	1	6	7	4	1
4	6	3	4	7	9	2	8	3	1	6	7	5	6
5	3	4	7	9	2	8	3	1	6	7	5	6	4
6	5	3	4	7	9	2	8	3	1	6	7	5	6
7	6	3	4	7	9	2	8	3	1	6	7	5	6
8	7	4	5	6	7	1	3	2	5	6	9	8	5
9	5	3	4	7	9	2	8	3	1	6	7	4	1

9	8	7	1	4	5	3	2	6	9	2	5	7	4
6	9	7	4	3	5	2	6	8	1	3	7	5	6
8	7	4	3	5	2	6	8	1	3	7	5	6	4
9	5	3	4	7	9	2	8	3	1	6	7	5	6
4	6	5	3	4	7	9	2	8	3	1	6	7	5
5	3	4	7	9	2	8	3	1	6	7	5	6	4
6	5	3	4	7	9	2	8	3	1	6	7	5	6
7	6	3	4	7	9	2	8	3	1	6	7	5	6
8	7	4	3	5	2	6	8	1	3	7	5	6	4
9	5	3	4	7	9	2	8	3	1	6	7	5	6

Know your rights

This week: Switching mortgage

LOTS of readers are asking: "Is it a good time to switch to a fixed-rate mortgage?" Here are points to consider:

WILL I GET A BETTER DEAL?

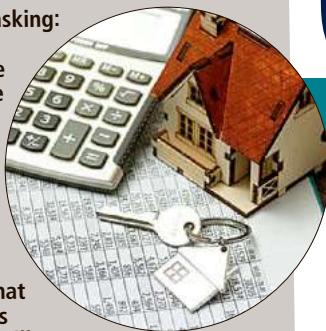
Before, the market was always full of competitive deals. But in the current climate, many find that switching deals costs them more. But it's still worth looking at a switch as interest rates are likely to keep climbing – meaning your mortgage payments will keep going up too.

HOW LONG SHOULD I FIX FOR?

The longer the period, the higher the rate. Terms of two or five years are the most common. Two-year rates are more flexible, so most suitable for borrowers who want to actively manage their mortgage, who regularly switch, or those considering moving. With so much uncertainty, this is what I would do. Remember that longer periods come with higher upfront fees and if you want to pay off the loan early, it could prove expensive.

GOOD NEWS FOR BORROWERS

Barclays, First Direct, HSBC and NatWest have all lengthened the period during which existing borrowers can reserve a new rate before their current one ends. Others are likely to follow suit.



The People's consumer

Champion

askdean@people.co.uk

with Dean Dunham



Scam of the week

THE Government is warning that a national insurance scam that caught out lots of victims last year is doing the rounds again. You get an automated phone call warning you that your "National Insurance number has been compromised". You are then instructed to "press 1 on your handset to be connected to the caller" in order to supposedly fix the issue and get a new National Insurance number. Do not do so... put the phone down instead.

Retail assault on our battery rights

WHEN consumers tried to assert their rights over faulty laptop batteries, the response from retailers was like that frustrating worker in Little Britain: "Computer says no."

They argued that the batteries were a "consumable" and must therefore be treated differently from an integral component.

So, what does it mean for consumer rights if a consumable stops working or is faulty? The answer is not what shops would like it to be. Here's what you need to know.

THE PROBLEM

James Morgs called me last Friday during the LBC Consumer Hour to tell me about his faulty laptop.

He explained that the battery had swollen, making the keyboard buckle and stopping the lid from closing properly. When he took the matter up with the retailer and asked for a remedy under the Consumer Rights Act, he was told: "This is not covered under a CRA (Consumer Rights Act) claim as the battery is a consumable".

I have since been contacted by lots of people who got the same response to laptop battery issues.

THE LEGAL POSITION

Firstly, to say "consumables" such as a laptop battery are not covered by the Consumer Rights Act is absolute nonsense. What the stores mean is that they are not covered by the manufacturer's warranty



(this is usually the case), meaning you cannot claim that way.

However, you CAN claim under the Consumer Rights Act if the consumable is faulty, if it does not have sufficient operational life or if it is not suitably durable.

James bought the laptop more than six months ago, so he has to prove that the battery swelled up due to a manufacturing fault and not something he did.

This means finding evidence of other consumers with the same issue or getting an expert report.

HOW LONG SHOULD A LAPTOP BATTERY LAST?

The starting point is what the manufacturer/retailer has told you and what the product description says. If nothing was indicated, the default position will be a reasonable time, taking account of quality and price. My view is that this should be three years-plus in most cases.

Finally, I'm at a loss as to why a battery built into a laptop is classed as a consumable as opposed to a component. I will certainly come back to this.



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SCAN ME

Q&A

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depends on what the airline's terms and conditions say. You need to search the small print for a term saying you can cancel and get a refund if you have a serious medical condition.

Q I bought a laptop online and have not taken it out of the packaging yet. How much can I use it before losing my right to return it within a 14-day period? – Jack Grant

A Under the Consumer Contracts Regulations, you have the right to return the laptop within 14 days of delivery and receive a refund. But the packaging and laptop must be in pristine condition. It will be OK if you simply switch it on but any further action, such as downloading software and saving data to the laptop, will cross the line and lose you your right to return it – unless it is faulty, of course.

Listen to Dean's new consumer law show, on LBC radio every Friday at 9pm answering listeners questions. See more about the RetailADR at www.retailadr.org.uk or follow Dean on  @deandunham

STAR RATINGS

- ★★★★★ Excellent
- ★★★★ Good
- ★★★ Worth a look
- ★★ Poor
- ★ Don't bother

Movies



With
ANDY LEA



HUNT
Sam Rockwell and
Saoirse Ronan, with
no shortage of
suspects

Stage fright

SEE HOW THEY RUN

Cert 12A ★★★

In cinemas now

The old-fashioned whodunnit is enjoying a comeback. Next month sees the release of *Amsterdam*, a 1930s-set murder-mystery starring Christian Bale, Margot Robbie and Robert De Niro. And at Christmas, Daniel Craig returns as sleuth Benoit Blanc in *Glass Onion*, the sequel to the 2019 hit *Knives Out*.

This week, we are treated to two, *Bodies Bodies Bodies* (see right) and this ingenious comedy, which takes a sideways look at Agatha Christie's long-running West End play *The Mousetrap*.

Made more in the spirit of Margaret Rutherford's farcical *Marple* than Kenneth

Branagh's dour Poirot, this entertaining Brit flick offers two whodunnits for the price of one.

We're in the 1950s as the original cast celebrates the play's 100th performance in the bar of the Ambassador Theatre when the body of a Hollywood director is discovered on its famous stage.

The obnoxious Leo Kopernick (Adrien Brody) had been working on a movie adaptation with precious playwright Mervyn Cocker-Norris (David Oyelowo).

The world-weary Inspector Stoppard and enthusiastic rookie Constable Stalker (Sam Rockwell and Saoirse Ronan, both excellent) find no shortage of suspects.

At the celebrations, a drunken Kopernick

Setting offers period glamour and the plot sees immoral rich get their just desserts

incurred the wrath of the play's star, darling Dickie Attenborough (a very funny Harris Dickinson).

The prissy Cocker-Norris had clashed with the crass American too. And it turns out Kopernick had blackmailed Reece Shearsmith's film producer into paying for his plush suite at the Savoy.

In the tradition of the big-screen murder mystery, the setting offers period glamour, the plot sees the immoral rich get their just desserts, and a tidy puzzle allows us to escape the complexities of an uncertain world.

So why is the whodunnit having a moment? There may be clues in the previous paragraph.

RETURN
Tad and the
gang visit
Egypt

CRIMES OF THE FUTURE

Cert 18 ★★★★

In cinemas now

Disturbing, kinky, disgusting, annoying. Canadian director David Cronenberg's new nightmare will be everything his fans dreamed of.

Here, the 79-year-old probes the same issues and pushes the same buttons that made *Scanners*, *Videodrome* and *Crash* so horribly memorable.

Once again, human evolution is the theme as we are thrown into a grim and very grimy future where pain has almost vanished. Performance artist Saul Tensor (Viggo Mortensen) keeps growing new mutant organs and he's getting them surgically removed on stage by his



MURDER IN THE DARK
Party games go wrong

BODIES BODIES BODIES

Cert 15 ★★★

In cinemas now

A childish game takes a macabre turn in this entertaining US murder mystery.

The setting is a plush poolside mansion where a gang of wealthy, American and thoroughly obnoxious 20-somethings (including Amanda Stenberg, Maria Bakalova and Pete Davidson) are partying their way through a hurricane.

After the thrills of champagne swilling and coke-snorting wear off, they look for fresh kicks with a game Americans appear to call *Bodies, Bodies, Bodies* but Brits may recognise as *Murder In The Dark*.

You can probably tell where this is heading. The pretend murders turn out to be real and the rich kids are forced to turn detective.

The killings aren't especially scary but there's some sharp dialogue as the self-obsessed youths attack each with psycho-babble buzzwords such as "gas lighting" and "triggering".

THE SCORE

Cert 15 ★★

In cinemas now

While the whodunnit genre makes a killing, the steam seems to have gone out of the musical's comeback. And sadly, while this muddled Brit flick scores highly for originality, it's a few thousands miles from becoming the next *La La Land*.

Most of the film is set in a rural cafe, where two minor-league criminals (actor-musician Johnny Flynn and actor Will Poulter) are waiting to do a £20,000 deal (one possible meaning of the score of the title) with tardy hoodlums.

As Poulter's character falls for Naomi Ackie's waitress and the lads reveal their thinly sketched back stories, everyone keeps bursting into song. Not the exuberant life-affirming numbers we've come to expect but soul-searching indie ballads from Flynn's back catalogue.

All three actors deliver compelling performances but the few lyrics I could pick out from the over-produced score (another possible explanation for the title) had little to do with the plot.



OFF KEY
Actors Naomi Ackie and Will Poulter



TAD THE EXPLORER AND THE CURSE OF THE MUMMY

Cert U ★★★

In cinemas now

It was a washout summer for kids' animation so the breezy third instalment in this dubbed Spanish series could appeal to little ones tired of the limited charms of *Minions 2* and *DC League Of Super-Pets*.

Chicago bricklayer and wannabe Indiana Jones Tad Stones (voiced by Trevor White) is still living with his flatulent undead flatmate Mummy (Joseph Balderrama) when they both get sucked into a new globe-trotting adventure.

The animation is gorgeous and there are zippy chase scenes in Paris and Egypt. But witless dialogue means that there's little to treasure for accompanying adults.



GORY
Viggo Mortensen with mutant organs

Kristen Stewart's government agent is watching in a state of quivering excitement. "Surgery is the new sex," she whispers to Tensor after the gory show.

Tensor may be the most famous producer of new organs but he's not alone.

The authorities are increasingly worried about the rapidly changing human anatomy, believing we're reaching a new stage of evolution that desperately needs to be kept in check.

The dense dialogue and slow but very deliberate pace can make for hard work. But I suspect this is another Cronenberg "body horror" that will be very hard to shake off.

'ONE OF LIFE'S MOST INSPIRING PEOPLE'

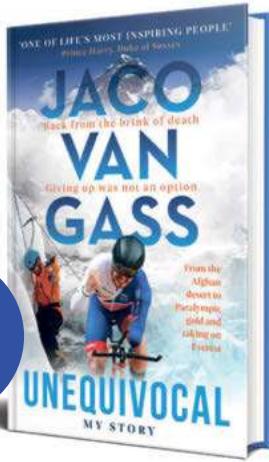
Prince Harry, Duke of Sussex

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Q We have recently taken on a puppy that we think might have been bred on a puppy farm. She is a poodle cross and her coat is dirty with some dandruff. Can we use human dandruff shampoo to clean her up before she has her injections in a few weeks time?

A I do not recommend using human shampoo on puppies. Shampoos for dogs are formulated for canine skin, which human shampoos are not, and are best prescribed by a vet for a specific condition.

Also it is easier for the vet to diagnose a skin condition if useful evidence has not been washed away.

I have seen many owners, seemingly embarrassed by the poor quality of their pet's coat, trying to improve it before seeing me, which is frustrating.

You don't mention how old your puppy is, although her vaccinations are not due for a couple of weeks.

I wouldn't wait, though, because dandruff is not normal in a puppy and requires prompt investigation.

Puppies that have been bred in unhygienic conditions are often carriers of parasites such as fleas, lice and mites. The first two are usually easy for a vet to spot.

The mites, however, often require sampling and examination under a microscope.

One in particular, cheyletiella, is a cause of dandruff in puppies, although dogs of any age can also be affected if no insecticides have been used recently.

In untreated pets, the mite often causes a rash to occur on the owner, which is why I recommend a consultation now.

Thorough treatment has a very good outlook though.

Q My 10-year-old female neutered cat recently had a bout of cat flu, which caused her to stop eating for a while. Just as she was recovering she developed jaundice. My vet has diagnosed fat accumulation in the liver and is treating her, but it may take some time before she recovers. Have you seen this problem?

A Your cat is hopefully well on the way to recovery, especially if she has started to eat again.

If she hasn't, your vet would probably have advised admitting her for some intensive treatment.

Liver disease is common in cats and you are fortunate that your vet has diagnosed the cause, because there are many others. Liver involvement can usually be pinpointed quite quickly by measuring enzymes in the blood.

This is only a part of the diagnosis, as the underlying cause of the liver disease is needed to ensure specific treatment. Other investigations, such as ultrasound, are useful and may rule out liver cancer.

Some cases require a biopsy or a sample of liver tissue using a fine needle.

Hepatic lipidosis is an accumulation of fat cells in the liver. This usually occurs in overweight cats that have stopped eating for whatever reason. Breakdown of fat to produce energy can result in fat cells damaging the liver.

These cats develop jaundice and become ill quite quickly. As the problem is caused by not eating, hospitalisation and tube feeding may be needed.

Many cats do well – but recovery can be slow, and frequent check-ups will be necessary too.

● David Grant MBE has been a vet for more than 50 years. Email questions to him at pamperedpets@people.co.uk



Travel



Edited by
NIGEL THOMPSON
 @TravelEdNigel

Pittsburgh stealers

David Hughes explores
 a vibrant city that's
 reinvented itself



STRIKING
 Roberto
 Clemente
 Bridge in
 Pittsburgh



ON BASE
 PNC Park,
 home of the
 Pittsburgh
 Pirates

Nicknamed America's Steel City – Pittsburgh was once the world's leading producer of the stuff – my preconceptions of a rusting metropolis living on its past blue-collar glories were completely blown away as we emerged from the Fort Pitt Tunnel to be greeted with a stunning panorama of downtown Pittsburgh as we drove on to a bridge.

Set at the junction of the Allegheny and Monongahela rivers which join to form the Ohio, Pittsburgh boasts some

446 bridges, more than any other city in the world and earning it another nickname, 'City of Bridges'.

The steel industry in the region declined decades ago and in its place leading tech companies such as Apple, Google and Uber are turning the city's South Side into Pennsylvania's own mini Silicon Valley. There's a modern, sleek edge to the place now, although it still has a charisma you won't find in other well-known US cities.

And with the reinstatement of British

Airways' direct service from London Heathrow to Pittsburgh, Pennsylvania's second biggest city is now more accessible than ever.

The superb downtown views are even more spectacular at night, especially when there's a live baseball game at PNC Park. Sitting on the banks of the Allegheny, the 38,000 seat stadium is the home of the Pittsburgh Pirates.

The night we touched down, the New York Yankees were in town but our late evening landing meant missing out on

TURN TO PAGE 40

BIG DEAL

Majorca from £519pp: save up to £500pp on a week's half-board at the four star Dreams Calvia Resort & Spa near Magaluf. Includes flights from Gatwick on selected dates in October, 15kg baggage and transfers, book by September 30. tropicalsky.co.uk

CRUISE NEWS

BY **NIGEL THOMPSON**

Hit the very high seas on a dizzying new thrill ride on board MSC Seaside.

When the 5,877 passenger ship launches in New York on December 7 she will feature Robotron, a mechanical arm white-knuckle experience with an unobstructed 360 degree view of the horizon. Three riders will be seated in a

gondola 174ft up on deck 20, with pounding DJ music playing and lights pulsing as they hang over the edge, twisting upside down. There are family-friendly settings too. A spokesman said Robotron will "create a new standard of fun".

The 169,400 gross tonnage Seaside will also feature two new VR experiences plus hi-tech entertainment



for all ages. After her debut she will head to Miami for year-round Caribbean itineraries. msccruises.co.uk

■ Royal Caribbean's Mini Wave offer for selected 2023 sailings is on until October 31 with deals including flights from £1 from Gatwick to Barcelona or Rome, reduced deposits from £99 and deluxe drinks packages for £43 per person,

BIG DEAL

Portugal from £303pp: jet away from Liverpool on October 15 for a week at the three-star Quinta Do Paraiso apartments in Carvoeiro, Algarve. Includes breakfast, 23kg baggage and transfers. easyjet.com/en/holidays

Easy £50 for solo travellers

Solo travellers are getting a boost from easyJet holidays with an extension of its singles promo code to meet soaring demand.

Holidaymakers can save £50 per adult and £25 per child on getaways with a minimum spend of £800, by using the code ONEADULT when booking.

The discount launched in February and has been in high demand with one adult bookings soaring by almost 350%.



Of those, more than two-thirds (70%) have been solo travellers while the rest have been single-parent families.

Now the tour operator is responding to the popularity by extending the code to bookings made by the end of September 2023, on all holidays departing until the end of October 2024.

A spokesman said: "It's so important to us to make sure our unforgettable holidays are accessible to everyone."

You can use the code at easyjet.com/en/holidays

➤ A Lighthouse Trail has opened on Majorca to celebrate the maritime heritage of its coastline. The 177 mile hiking route connects the towns of Capdepera and Andratx in 12 stages, where lighthouses and dry docks are the main attractions. spain.info/en/region/mallorca-island

BIG DEAL

Canary Islands
fly-cruise from £499pp: jet to Tenerife from selected UK airports on December 3 to join Azura for a seven night round trip to Gran Canaria, Madeira and Lanzarote, with an overnight back in Tenerife. pocruses.com



BED TIME
Mattress Factory art museum



SUNDAY
PEOPLE OFFERS | travel

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DEPARTS SAT 08 JUL 2023

Don't miss the chance to experience the intensity and drama of the Formula 1 British Grand Prix at Silverstone, the Home of British Motorsport! Whether you are a wide-eyed first-timer or seasoned veteran, the oldest race in the F1 calendar promises a breathtaking and exhilarating weekend.

Originally a World War II airfield, Silverstone has hosted the race regularly since 1950, and every year since 1987. The circuit, even after major revisions in 1991, is famous for being one of the fastest and most challenging tracks on the F1 circuit, testing even the best driver's skills to the limit. So come along and enjoy the excitement - you'll be in pole position to soak up the electrifying atmosphere of this major sporting occasion!

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City full of good sports

CONTINUED FROM PAGE 39

seeing them in action, instead we checked into our base for the trip, the EVEN Hotel.

Occupying the 5th and 6th floors of the former Kaufmann's department store, the hip hotel is in an ideal location and just a six-minute walk from restaurants and bars around the historic Market Square, the heart of downtown. Billed as the city's first wellness hotel, every room is kitted out with fitness equipment and LED mood lighting, along with the standard flat-screen TV, coffeemaker and mini-fridge.

Although we didn't get to watch the Pirates play, we were able to explore the PNC Park the following morning on a fascinating tour of the

stadium, learning about the history of Pittsburgh baseball dating back to the late 19th century, and admiring the Park's unique architecture.

The removal of a sixth of the stadium opened up a great view over the Allegheny river towards the city. And sending a home run into the water can win players a place in the local history books. So far 38 players have succeeded

58 times – no mean feat as the river is over 400ft away. (mlb.com/pirates/ballpark)

Beyond the Pirates, the city is home to the Penguins (ice hockey), Steelers (NFL) and Riverhounds (soccer). All the teams' strips feature black and yellow colours, while their influence can be seen on virtually every corner of the city – even many of the main bridges are yellow.

Pittsburghers are passionate about their sport, including award-winning photographer Duane Rieder, founder of The Clemente Museum.

This shrine to the city's legendary baseball star, Roberto Clemente, showcases a priceless collection of artefacts, photographs and merchandise.

The basement of the museum also houses another of Rieder's passions. At Engine House Twenty Five Wines, you can indulge in a fine wine tasting experience. (clementemuseum.com)

The city's hills and rivers offer plenty of scope for outdoor adventures.

Take in Pittsburgh's most iconic views from the water by kayaking down the Allegheny River. (venture



ICONIC
Screen test room at Warhol museum

“
It has forged an artistic heritage that will satisfy most culture vultures



Travel



PARK LIFE
Pittsburgh and Point State Park

TRAVEL TEST

BY NIGEL THOMPSON

WHAT: Rohan Men's Advance Jeans, £100, rohan.com

WHERE: Alaska and Seattle, USA.

EXPERIENCE: The Milton Keynes firm's latest incarnation of jeans designed for travelling in are made with Thermolite and Coolmax temperature regulating technology, which warms up a chilly day and takes the heat out of a hot one.

Which is pretty much perfect for an early summer cruise ship visit to Alaska, where all four seasons in a day is entirely feasible! The polycotton blend has elastane to add some forgiving stretch for comfort - they felt like a second skin - and offers shape recovery so you don't look like you've slept in your clothes, even if you actually have done so on the long flight there!

Having napped on the way out to join the ship in Seattle they looked fresh on arrival, and they were just as good after a much longer sleep on the return flight to Heathrow.

I really liked the security of the hidden zipped rear pocket for my wallet and, having worn them every day in Alaska and Seattle (bar one day when they needed laundering after a muddy 4x4 off-road kart driving experience in an Alaskan rainforest), they stood up to a very packed itinerary of The Last Frontier tours and excursions and sightseeing in the city, yet remained smart casual enough for some less formal bars and restaurants on the ship.

My skinny jeans days are over, so these were spot on fit-wise - neither too baggy nor too tight.

Alaska was remarkably rain-free, but I did get wet in a Seattle 'walk-through' water feature in a city square and they dried reasonably quickly afterwards, as per the fast-drying claim.

Available in black, dark denim and mid denim.

QUIBBLES: None.

VERDICT: Brilliant travel jeans, will be a go-to on trips for years.

10/10

BIG DEAL

Dominican Republic from £1,318pp: save £695pp on a seven night all-inclusive tropical getaway at the five-star beachfront Hard Rock Hotel & Casino in Bavaro, near Punta Cana. Fly from Gatwick on October 8, with 20kg baggage and transfers. tui.co.uk

outdoors.org)

Rent a bike and ride over its famous bridges and up through beautiful nearby trails. Intrepid cyclists can bike the Great Allegheny Passage, a 335-mile route from Pittsburgh down to Washington DC. (goldentrianglebike.com)

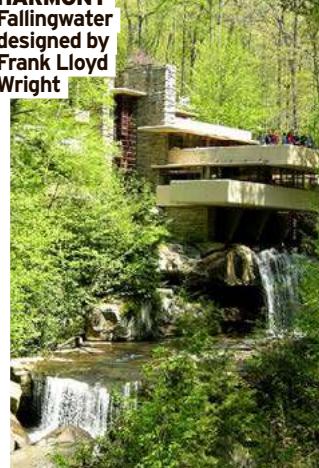
Hikers should head to magnificent wild Ohiopyle, Pennsylvania's largest state park, gateway to the Laurel Highlands and a great location for river rafting and skiing. (dcnr.pa.gov/StateParks)

The Steel City has forged an eclectic artistic heritage that will satisfy most culture vultures.

It's worth travelling out to Laurel Highlands to see Fallingwater, designed by renowned architect Frank Lloyd Wright for the Kaufmann family in 1937. The stunning holiday home, built over a waterfall, was nominated for the UNESCO World Heritage List in 2015.

The Mattress Factory is an interesting art installation housed in three buildings in Pittsburgh's Mexican War Streets. Contrary to

HARMONY
Fallingwater designed by Frank Lloyd Wright



VERDANT
A cyclist on a trail in Frick Park



BOOK IT

Rooms at the EVEN Hotel Pittsburgh Downtown start from £155 a night. ihg.com/evenhotels

GET THERE

British Airways flies from Heathrow to Pittsburgh starting at £505 return. ba.com

MORE INFO

visitpittsburgh.com

next door, and cocktails are prepared at your table. (sporkpittsburgh.com)

In the Strip District, The Wigle Whiskey Distillery and Bar serves excellent spirits along with fantastic cocktails. From the quirky range of whiskey flavours I opted for Pickle. (wiglewhiskey.com)

Taking a tentative sip, I was pleasantly surprised by just how much I enjoyed it. And that's exactly how I'd describe my time in Pittsburgh.

its name, it has nothing to do with beds, although I did find myself on one during the visit. (mattress.org) You can't leave Pittsburgh without a trip to the museum dedicated to the city's favourite son. The Andy Warhol Museum holds the world's biggest collection of Warhol pop art and archival materials on seven floors. (warhol.org)

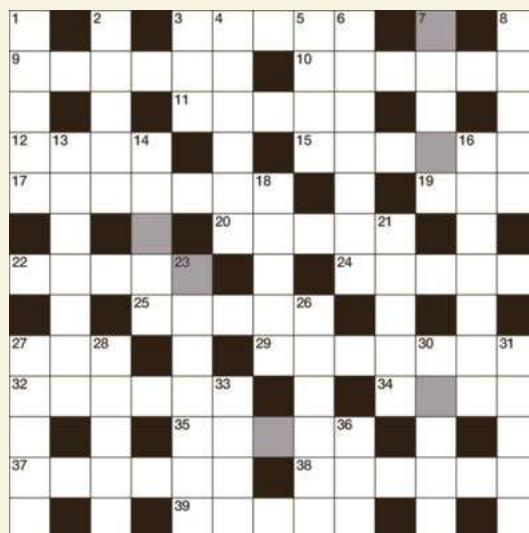
A visit to the quirky John Heinz

TUCK IN
Dinner at Spork in Pittsburgh



Take in Pittsburgh's most iconic views from the water in a kayak

£50 CROSSWORD



Solve the crossword in the normal way and the shaded squares, when read in order, will reveal the solution. Work out what it is and call our entry line below by midnight Saturday, September 17. One winner will be picked at random from all correct entries sent in by the closing date and will receive £50, or for Irish entries, the equivalent in Euros.

ACROSS

- 3 Javelin (5)
- 9 Regretful (6)
- 10 Begin again (6)
- 11 Iron, for example (5)
- 12 Boy's name (4)
- 15 Medium-sized monkey (6)
- 17 Malady (7)
- 19 Agent paid to get secret info (3)
- 20 Be alive (5)
- 22 Wait on (5)
- 24 Water jugs (5)
- 25 Surpass (5)
- 27 Household fuel (3)
- 29 Biggest (7)
- 32 Confederates (6)
- 34 Cummerbund (4)
- 35 Large American cattle farm (5)
- 37 Done at once (6)
- 38 Religious festival (6)
- 39 Irritable or touchy (5)

DOWN

- 1 To fear greatly (5)
- 2 American state (5)
- 3 Total (3)
- 4 Polite word of request (6)
- 5 Breed of horse (4)
- 6 Return of ill health (7)
- 7 Honour and glory (5)
- 8 Small coin (5)
- 13 Ungrudging (7)
- 14 Boldness or effrontery, informally (5)
- 16 Persecute (7)
- 18 Evict (5)
- 21 Small branches (5)
- 23 Extract (7)
- 26 Surgeon's knife (6)
- 27 Stares stupidly, informally (5)
- 28 Single-masted sailing vessel (5)
- 30 Planet (5)
- 31 In that place (5)
- 33 To satisfy fully (4)
- 36 Grass mown and dried for fodder (3)

CROSSWORD SOLUTION



CROSSWORD ENTRY LINE

0904 161 1110 (£1.50/call) Or text TPCROSS with your answer, name and postcode to 61011 (£1.50/text)

ENTRY LINES Calls cost £1.50/Call plus your phone company's access charge. Texts cost £1.50 + 1 standard network rate message. You may receive free promotional messages, to opt out end message with NO INFO. Lines close at midnight on Saturday except where stated. You must be 18+ to enter and T&C's apply, see www.mirror.co.uk/rules. SP Mi Telecom Ltd. Helpdesk 0330 880 6061.

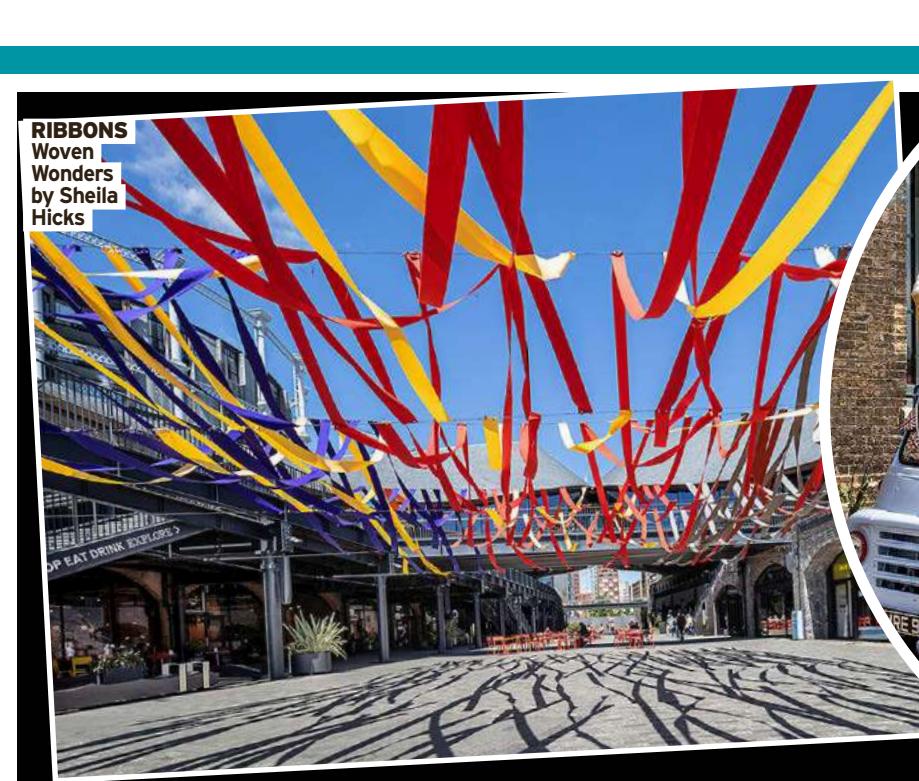
LAST WEEK'S CROSSWORD ANSWERS

ACROSS 5 Sobs, 7 Cotton wool, 8 York, 10 Chat, 12 Ado, 13 German, 16 Roger, 18 Kim, 20 Rapt, 21 Luge, 22 Sip, 24 Navel, 25 Second, 26 Egg, 27 Bolt, 29 Lard, 33 Every other, 34 Mean.
DOWN 1 Won, 2 Itch, 3 Unit, 4 Coo, 5 Sly, 6 Baron, 9 Hairy, 10 Corpse, 11 Ark, 13 Grind, 14 Mile, 15 Amulet, 17 Otic, 19 Verge, 23 POW, 25 Shame, 27 Boys, 28 Lett, 30 Den, 31 Leg, 32 Wet.

WINNER FROM August 28

CROSSWORD solution was POLITE. Winner: B Rees, South Wales

MORE GREAT PUZZLES FREE INSIDE



COOL Ruby Violet ice cream van

Claire Spreadbury take her girls to sample the King's Cross revival

X marks the



DAY TRIP
Claire with daughters Poppy, left, and Rosie

We all know London is a brilliant city break for families. You can see the sights, take in a West End show and entertain the kids in the big museums. But sometimes, it's nice not to follow the herd.

King's Cross, if you haven't visited for a while, is now a very cool part of town.

Three billion pounds was spent on its rebirth, with Coal Drops Yard and the surrounding area becoming a family-friendly cultural hub. Officially a shopping and restaurant district, once you know where to take the kids, you'll never want to tramp along Oxford Street again.

Shop 'til you drop

I'm here with my daughters, Rosie, 13, and Poppy, 10. It's shopping, but not as we know it. These shops are different, from lifestyle stores where you can learn stuff – candle making at Earl of East (£55), or a terrarium masterclass at Botanical Boys (from £50), to 'family concept' Cissy Wears, where you can shop from a curated edit of the world's most beautiful brands.

The Drops market takes place outdoors once a month, showcasing up-and-coming talent in fashion, homeware and lifestyle products.

We also visit the Harry Potter Shop at



MAGIC Wands at the Harry Potter shop

King's Cross Station. It is chock-full of Potter paraphernalia, from cosy Hufflepuff hoodies to sickly sweet Butterbeer.

Culture vultures

The Other Art Fair is the spot to spark inspiration. "Did a child paint that?" asks Poppy, clocking the price tag. Meanwhile Rosie's eyes light up on seeing a piece by award-winning artist Helga Stentzel, who prides herself on finding the "magic in the mundane" – evident in her photography work where animals are created from grocery items, or clothes on a washing line.

Close by, the girls dance under the rainbow ribbons making up renowned artist Sheila Hicks' installation, Woven Wonders, which is on display until mid-October.

As day turns to night, we take our seats on the giant steps covered in faux grass, pimped up with colourful cushions, in front of the mismatched 1980s-style parasols, where couples, families and friends sip gin cocktails and lemonade.

The water ripples in the canal in front of the big screen as La La Land starts up. We gobble ice cream, snack on popcorn and snuggle up to keep warm when the sun dips down.



Travel

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spot



SHOPS
Lower
Stable
Street
Market

have ever eaten (and that's saying something) can be found at Longboys. The handmade, finger-shaped sweet treats (£3.90 each) are made with a lighter brioche base.

Try the not-too-sweet triple chocolate brownie, the beautifully blow-torched lemon meringue, or the doughnut equivalent to a hug, apple crumble. We devour one each in less than a minute.

For lunchtime sharers, Lighterman – right in the middle of Granary Square – is a huge two-storey building with glass windows all around. Looking out on to the canal, it is buzzy, loud and packed with customers. Happy Face pumps funky house tunes out of brightly-coloured speakers as we sit on high stools, overlooking the open-plan kitchen and circular bar.

The pizza is good (£5-£15) but



SQUIRTS
Kids at
Granary
Square
fountains

Everyman's Screen on the Canal is a wonderful, free, outdoor TV and film festival, showing oodles of family favourites (Encanto sing-along, anyone?) as well as live music performances and sporting events.

Feeding time

Sitting under heated parasols in the courtyard of Granary Square Brasserie is a great place for breakfast. We tuck in, watching the world go by, as people sit drinking coffee under the impeccably-groomed trees.

Recommendations include avocado Benedict (£8.95) or Rosie's favourite, the hot buttermilk pancakes (£8.95) which come with tumbling berries and strawberry sauce. The best doughnuts my kids

come here for the starters and to enjoy the party atmosphere.

We drop strings of salty zucchini fritti (deep-fried courgette strips, £6) into our mouths before tucking into soft burrata (£7.50) and their glorious take on focaccia (£5) – garlic butter and fresh rosemary on a pizza base straight from the enormous, domed oven.

And if you need a sweet finish before you depart, join the reassuringly long queues at Ruby Violet for ice cream.

Best-kept secrets

Sometimes, doing less is actually more. And here, rather than traipsing around London, parents can sit and watch their little ones jump in and out of the water fountains, the multicoloured jets lighting up the dusky evenings.

By day, tiny faces drench themselves while waddling through the jets in nappies, while older kids (including Poppy) dodge and dart their way around, trying to keep dry.

Just a five-minute walk away from the hustle and bustle is Camley Street Natural Park, where this summer there were sightings of damselflies, wren

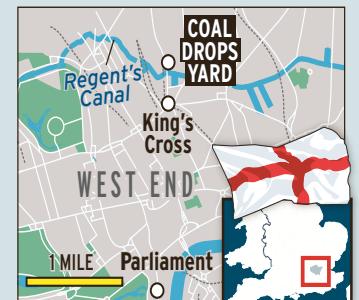
fledglings and reed warblers.

But the best place you might never have heard of is back in Coal Drops Yard. Samsung KX isn't a regular shop, it's a digital playground.

Lots of tech, talks and live events take place here, but you can also take your children in to play on the mind-boggling gadgets.

Rosie and Poppy hang their jackets up in the Airdresser for a free steam clean, while they hop over to act out emotions and turn themselves into GIFs. Rosie climbs into the racing simulator and tries not to crash as she whizzes round the racetrack at a simulated 180mph, while Poppy hangs out in the kitchen, inspecting the fridge that tells you when your food's going out of date.

Next, they get arty, designing their own phone case – which they take home free of charge – and then they clap eyes on the gaming bus. Giant, curved screens mean you can see



BOOK IT

Rooms at The Standard hotel near King's Cross St Pancras, London, start at £269 a night. standardhotels.com/London.

MORE INFO

kingscross.co.uk coaldropsyard.com.

everything at once, which apparently is really important when you're playing Fortnite.

The level of excitement is off the scale as the girls babble erratically, constantly interrupting to ask questions, swiping every touchscreen, watching every ginormous TV, and generally immersing themselves in tech.

It's a grown-up space that's made for kids – the only tricky thing is prising them away from it...



BUZZ OFF
Camley
Street
Natural
Park



Travel

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BIG DEAL

Egypt from £624pp:
 save £130pp on a six
 night early autumn Red Sea
 getaway with breakfast at the
 four-star waterfront Cook's Club
 El Gouna hotel, near Hurghada.
 For arrival on October 1, flights
 not included. cooksclub.com/en/offers

Safari prize thank you

BY NIGEL THOMPSON

How do you fancy a fabulous safari in South Africa looking for the Big Five? Simply take part in the 2022 UK holiday 'Oscars' and it could be yours for free.

The consumer vote for the gold standard British Travel Awards is on until October 2, with 67 categories covering a range of products and services.

To thank you for joining in the nation's largest consumer-voted programme, all voters are entered in a draw for a travel prize bonanza worth around £45,000, including a Newmarket Holidays (newmarketholidays.co.uk) all-inclusive trip for two people to a luxury tented safari camp by Kruger National Park.

The seven-night holiday is worth £3,500, includes flights to Johannesburg and is escorted by a tour manager and wildlife specialist to make the most of the game spotting opportunities. T&Cs apply.

HOW IT WORKS
 Register online at britishtravelawards.com and vote in as many of the 67 categories as you like.

Just one is fine, for example, and you can return to the form to make changes up to October 2. Full T&Cs are there too.

Look out on Twitter for updates at @BritTravAwards #BTA2122 @TravelEdNigel

BUY OF THE WEEK

BY NIGEL THOMPSON

Keep a handle on your hot drink on the go with this smart new mug featuring a secure, splash-proof lid.



Easy, one-handed drinking, non-slip/non-marking silicone grip base and Contigo's THERMALOCK technology keeps drinks hot for up to five hours, or cold for up to 15 hours.

Available in Blue, Sake or Salt (Sake is grey, apparently. Who knew?)

■ **Contigo Streeterville mug, £14.12, amazon.co.uk**

DELIGHT
 Azure pool
 at Royal
 Apollonia



HOT HOTEL

Royal Apollonia Limassol, Cyprus

BY LUCY WILLIAMSON

Heart & Limassol

Vibe

Calm, confident and classy. The five-star Royal Apollonia hotel in Limassol, Cyprus, gives a sense that they know what they are doing, without having to boast about it.

And that quiet confidence is backed up. Part of the Louis Hotel Group, it has 77 years' experience in luxury hotels in Cyprus and Greece. Yet it manages to maintain its family-run feel. From the front desk to the bartenders, the smiling staff have an unfailing warmth.

Akin to the feeling of stepping off the plane for the first time and being met by sunshine and your grandma who refuses to let you go hungry. It's unsurprising that some guests choose to come back year after year.

Style

Wherever you are in the hotel, you get 180 degree views of the twinkling Mediterranean. And yet there was a tranquil sense of privacy.

The clever alcoves around the figure-of-eight-shaped pool allow quieter areas that nestle you into a world of retreat. The hardest choice of the day will be whether you want to be closer to the private beach or the pool.

Opt for the pool to enjoy the ever-luxurious swim-up bar. The pool-bar cocktails, particularly the signature Cyprus Sky, are well-mixed and pleasingly strong.

COMFORT
 Rooms
 with a view



TRANQUIL
 Relaxed
 vibe at
 all times



Rooms

The 204 rooms draw on contemporary styling to achieve an understated sense of luxury. If you can, book one of the rooms with its own private Jacuzzi.

Sipping on the complimentary bubbles amid the bubbles looking out on that view will have you feeling like a modern-day Aphrodite. More than just a place to freshen up, the well-serviced rooms, complete with all the luxury bathroom amenities, give off romantic energy, which can even be enjoyed alone.

Food and Drink

Halloumi, feta, halloumi, moussaka and more halloumi. The Royal Apollonia puts on a buffet-style feast fit for the gods. There are three dining options – the same buffet feast for lunch and dinner at Dionysos or a la carte options at the Japanese themed Akakiko restaurant, and Meze by Elliniko.

Spa

While the huge, open plan, bright lobby gives off an

energetic opulence, the spa hidden away below is shrouded in a cosy and relaxed atmosphere enhanced by its design in wood and stone.

Access to the fitness room, pool, steam room and sauna are free of charge for hotel guests.

I also opted for the Dead Sea mud experience, meant to be great for eczema. I was lathered head to toe in mud before relaxing in a warming room that emulates the exact conditions of the Dead Sea.

What to do

Situated in Limassol, the second-largest city on the island, The Royal Apollonia is a short drive from the city centre and within walking distance from the tourist area where bars and restaurants are found in abundance.

You might not instantly associate Cyprus with wine but it's heavenly when tasted overlooking the mountain peaks of Troodos, facing the magnificent Mount

Olympus at the Vassiliades winery. Just try not to be taken in by the Zivania, the perilous Cypriot pomace brandy at up to 60% proof.

If you fancy a stop on the way, the Agrovino Tavern in the tucked-away village of Lofou is a must with its delicious meze dishes from the family-run, rustic taverna. The village itself offers beautiful honey-coloured stone cottages lining steep cobbled streets. A quintessential Cypriot village – or like a real-life Mamma Mia! film set to you and me.

And if you're after more history, follow the Limassol coastline to the ancient city of Amathus, Kolossi Castle and the amphitheatre at Kourion.



BOOK IT

easyJet holidays offers seven nights on half-board at the Royal Apollonia hotel in Limassol, Cyprus, from £891 per person. Depart from Luton on April 1, 2023 with 23kg baggage and transfers. easyjet.com/en/holidays

MORE INFO

visitycprus.com



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SUNDAY PEOPLE OFFERS

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33 FOR £14.99 (X060)
66 FOR £21.98, SAVE £8 (X061)



**SAVE
£10**

Myosotis Mon Amie Mixed

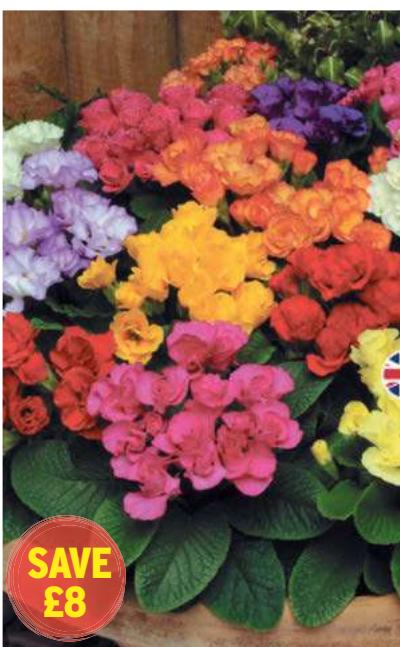
A compact mixture of beautiful Forget-me-nots producing elegant clusters in a range of romantic colours. Height 25-30cm.

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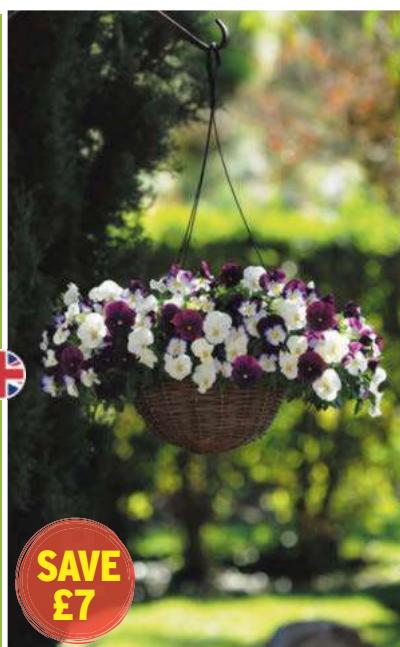


**SAVE
£8**

Unusual Primula Primlet

These impressive hardy perennials are ideal for winter borders or containers where they will thrive. Flowering February to May. Height 30cm.

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66 FOR £19.98, SAVE £8 (X068)



**SAVE
£7**

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46 LIFESTYLE

WINTER'S WILDLIFE

with STUART WINTER



HOVERING
Five-fold increase in 'UFO' moth sightings

Hummingbird's surprise copycat

Gardens are abuzz with the humming of one of nature's most confounding creatures.

Out of nowhere these Unfathomable Flying Objects materialise, all beady eyes and pulsating wings as they sip nectar from delicate flowers with their "beaks".

Little wonder that anyone witnessing these incredible aerobatics believes they have encountered the most accomplished of all avian flying machines - the hummingbird.

Persuading friends that they haven't actually seen the world's smallest yet most technically advanced bird hovering this side of the Atlantic has been a challenge these past weeks.

Instead, they have seen one of the natural world's finest examples of convergent evolution - when animals independently evolve similar traits - in the shape of the hummingbird hawkmoth.

Anyone who has spied a hummingbird buzzing through the canopy of a Brazilian rainforest or drinking from a sugar-water feeder on a Texan porch, and then returned to Britain to see the hawkmoth, will attest to the remarkable similarities between bird and bug.

Indeed, the first time I saw a diminutive tufted coquette hummingbird in the gardens of a Trinidad nature reserve, I was convinced it was a hawkmoth. There was little difference in size and the bird's most striking field mark on show was a white band across the rump, a feature shared by the insect.

How the moth and bird can look similar illustrates the way animals can adapt to look like each other if they have similar lifestyles. Think of penguins in Antarctica and the guillemots of the Arctic.

This summer has been a boom time for hummingbird hawkmoths from southern climes. Members of the British Trust for Ornithology's Garden BirdWatch scheme have recorded a near five-fold increase above the annual average.

So what did we call hummingbird hawkmoths before the first naturalists arrived in the Americas? A delve into the writings of Virginia Woolf shows how she came across the moths while holidaying in Cornwall, where their zigzag hovering flights earned them the traditional name of the merry-lee-dance-a-pole.

FOLLOW STUART ON TWITTER:
@BIRDERMAN



Ornamental alliums are lollipop baubles of colour to enrich any plot or bed

It's that time of year again when the garden centres and supermarkets wheel out their bulb collections.

Bulbs are packages of potential, containing the embryos of leaves and flowers which will burst into life next spring. Purchase now so you get the pick of the crop and put them into the ground as quickly as possible.

The exception to this rule is tulips which are traditionally planted in November to reduce the risk of fungal

disease. Alliums, or ornamental onions, are an excellent place to start. They are easy to grow and do a great job of bridging the gap between spring and summer.

They begin to flower in May, and this has made them a firm favourite with garden designers at the annual Chelsea Flower Show.

I love using them in a fun way - lollipop baubles of colour drifting through planting schemes. Dot them among other perennials in a

Gardening



With
DIARMUID GAVIN

your onions



wave formation and then forget about them until next year when they will pop up and reward you with their beautiful firework globes.

In the wild, alliums often grow in poor, stony ground and thin soil so you don't need to enrich your soil. On the whole, they will thrive in well-drained soil in a sunny position and look glorious in any garden. Whether you prefer a relaxed cottage garden style or more formal and co-ordinated planting, there will be an allium to suit you.

The single flowering stem of each bulb lasts for weeks and their seed heads have added value as they can be dried and used for decoration or, when left in situ, look great in the border on a cold and frosty morning.

Alliums bring fireworks in the summer and still contribute much appreciated structure to the border throughout

They bring fireworks in the summer and give structure in the winter

winter. There are plenty of colours available from purple, pink and blue to yellow and white. Plant sizes within the family vary considerably with tiny species available for rock gardens to the drum-stick types with stout upright stems topped with balls of colour.

The taller ones provide vertical interest and rounded symmetry to mixed areas of planting where other varieties are grown for their massive pompon-like flower heads that are almost the size of melons.

Look for the heaviest and largest ones for the best flowers and, as with other bulbs, plant them at a depth three to four times the diameter of the bulb.

They are widely available as young plants for immediate effect, but this will be more expensive so plant bulbs from now through to November to allow their root systems to develop over winter.



Pick of the crop

Allium giganteum

This allium is one of the tallest at 1.2m. It blossoms from June and produces flower balls the size of grapefruits which are made up of tiny, purple, star-shaped flowers.



Allium cristophii

Star of Persia is an impressive globe of beautiful starry violet flowers with a metallic sheen and looks equally great in the border or in a vase.



Allium x hollandicum

'Purple Sensation'

So dependable, this allium has rich, deep plum flower heads with a 10cm diameter. It is an excellent combination plant - try planting it with grasses or box for great effect.



Allium 'Mount Everest'

Another grapefruit-sized globe, but this time made up of a mass of white flowers on a strong stem. It towers at 1.2m and will complement brightly coloured planting beautifully.



Allium 'Hair'

And now time for something completely different - this is a most unusual looking allium. The small purple flowers have hair-like tendrils that extend out like the flower is having a bad hair day - great fun!



JOBS for the week

- Get a head start with hardy annuals, and sow now. These can be sown in situ or in trays.
- If you have an area set aside as meadow, it's time to give it its autumn chop. Cut as close to ground as possible and remove cuttings. This allows the light in and helps germination of new seeds.
- Remove summer raspberry canes which have finished fruiting. Next year's fruit will be on the fresh green canes and these need tying in to supports. No raspberries? Think about ordering them and other fruiting canes, such as blackberries, now as you can plant them in the dormant season this winter.
- Dry days make good seed-collection days. Armed with a brown paper bag and pen, shake the seed into the bag and label. Many seeds can be sown fresh now or kept in a dry cool place for spring sowing.
- It's a good time of year for soil improvement while the earth is still pliable and not waterlogged - dig in your garden compost or fork in some well-rotted manure.
- While the ground is still warm, it's a good time to plant herbaceous perennials. The soil is still warm, which encourages root growth before winter sets in, and there's also sufficient moisture to hydrate them. By planting now, you give your plants a head start so that by spring they are raring to go.
- For the same reasons, it's also a good time to lift and divide perennials which have become congested and need some rejuvenation. They won't all like division - for example, those with long tap roots, such as cow parsley - and it's best to leave those that are flowering now, such as rudbeckia, to spring division. When replanting divisions or new perennials, give them a good soak and keep them well-watered to help them establish.



PLANT of the week

Aconitum 'Bressingham Spire'

The common name for this plant is monkshood, which is a pretty good description of the hooded violet flowers. It's a stalwart of the late-flowering herbaceous border, tall and elegant. But it does come with a health warning as all parts of the plants are very toxic if ingested and you should wear gloves if touching it. Grow in moisture-retentive, fertile soil, ideally in partial shade but it will do fine in the sun so as the soil doesn't dry out.

'Bressingham Spire' is a good compact variety growing to 3ft. Taller varieties may need staking.



You ask...

Hi Diarmuid

I have a lime tree which isn't looking so great. I put it outdoors for summer and it has produced some limes. I've already re-potted it once - should I do so again?



Hi Juliette

Yes, your tree does look a bit poorly. I think it has mealybug - these are insects covered in white which suck the sap from plants, so your first job is to give

the shrub a good wash. Remove all these insects and keep an eye out for them in future.

If possible, it's good to re-pot annually in March as citrus are hungry plants and fresh compost is best.

Add horticultural grit to the compost to keep it free draining. I'd also give it a good pruning in spring to encourage a bushy shape - you can cut back quite hard.

Finally, it's time to take it back indoors before the nights get too cold. Keep it somewhere cool over winter as most houses are too dry and hot.

Diarmuid



MIAMI SPICE Tagovailoa

Tag team off ropes

NFL BY KEITH WEBSTER

TUA TAGOVAILOA reckons the Miami Dolphins are set to let the good times roll.

After five years without a trip to the playoffs, new boss Mike McDaniel has overhauled the playing staff, bringing in star names like Tyreek Hill, Cedrick Wilson, Terron Armstead and Melvin Ingram.

And as the Dolphins prepare to open their 2022 campaign tonight at Hard Rock Stadium against New England, Miami's

quarterback is convinced it feels like a fresh start.

Tagovailoa said: "Week one is always exciting. It's the start to a new season for our new team."

"Fans are looking forward to seeing guys like Tyreek and Terron, a lot of the new additions we've picked up."

"I think this is the first time in a long time that the Hard Rock is sold out."

"You can see the hype around the team with the fans and all the people that want to come to see our team play."

Teammates elected Tagovailoa their captain this summer.

He said: "I'm grateful that my teammates think highly of me. It's cool."

"I'm grateful but it doesn't change the way I go about my business or how I lead or talk to the guys."

NFL on TV

Today (Sky Sports Main Ev unless stated)

NFL End Zone CH5 10.30am
New England @ Miami 6pm
Green Bay @ Minnesota 9.25pm
Tampa Bay @ Dallas 1.20am

Tomorrow/Tuesday

Denver @ Seattle SSME & CH5 1.15am

Thursday/Friday

LA Chargers @ Kansas City 1.15am

Friday

The NFL Show ITV1 11.10pm

CURRAGH

RTV
ITV4

GOING: HEAVY WEATHER: MOSTLY CLOUDY
NEWSBOY'S TIPS: 1.15 BIG GOSSEY, 1.50 ABOVE THE CURVE, 2.25 HIGHFIELD PRINCESS, 3.00 TAHYRA, 3.35 AESOP'S FABLES, 4.10 KYPROS, 4.45 STREETS OF GOLD, 5.20 LAELAPS

1.15 EBF 'BOLD LAD' SPRINT HANDICAP 6f Winner £90,000 (22 run)

1 (4) 163 POWER UNDER ME (78) G M Lyons 4 10-5 (BF, CD) ... C T Keane
2 (8) 105 MR WAGYU (22) J J Quinn (UK) 7 9-12 (CD) J Hart
3 (16) 221 BIG GOSSEY (36) C O'Brien 5 9-6 (CD) ... D E Sheely (3)
4 (13) 007 GULLIVER (22) D O'Meara (UK) 8 9-4 (D) J Watson
5 (11) 944 WARRIOR BRAVE (29) R O'Sullivan 4 9-3 (BF, D) ... B M Coen
6 (2) 212 VERHOVEN (27) M C Grassick 7 9-1 (CD) W J Lee

7 (15) 055 EXQUISITE ACCLAIM (16) A McGuinness 3 9-0 (D) ... D McMonagle

8 (17) 528 THUNDER ECLIPSE (102) J A Stack 4 9-10 (CD) ... J P Spencer

9 (19) 811 GORDON BENNETT (36) R Brabazon 4 8-12 (CD) ... F Carroll

10 (14) 003 LAUGH A MINUTE (42) A McGuinness 7 8-12 (C, D) ... R Whelan

11 (10) 465 MAJESTIC COLT (29) D Hogan 7 8-11 (D) ... M Sheridan (3)

12 (6) 693 YERMANTHRE (15) Patrick T Foley 4 8-11 (CD) ... G M Ryan

13 (5) 551 ICE COLD IN ALEX (15) K J Condon 8 8-10 (CD) ... N M McCullagh

14 (20) 908 DOWNFORCE (29) W McCreery 10 8-8 (CD) ... N M Crosse (3)

15 (8) 568 GOODNIGHT GIRL (21) S Lynam 7 8-7 (CD) ... M P Sheehy

16 (2) 117 TRUE MASON (17) D Carroll (UK) 6 8-7 (D) ... H Shaw

17 (1) 154 DAIRERIN (10) J Carrington 3 8-7 (D) ... S Foley

18 (9) 68 DEXTER BELLE (78) E Lynam 4 8-7 (D) ... H Doyle

19 (12) 110 COUMSHINGAUN (57) K Coleman 3 8-7 (BF, CD) ... W M Lordan

20 (7) 307 NO MORE PORTER (15) J Featty 4 8-7 (CD) ... Jamie Powell (7)

21 (7) 933 ROUGH DIAMOND (27) E Lynam 5 8-7 (CD) ... C D Hayes

22 (22) 341 SECRET MAGICIAN (22) M Hassett 3 8-7 (CD) ... R P Cleary

BETTING: 6 Big Gossey, 7 Gordon Bennett, 8 Ice Cold in Alex, 10 Rough

Diamond, 12 Mr Wagy, Power Under Me, 14 Dairerin, No More Porter, Secret Magician, Yermandhre, Coumshingaun, Laugh A Minute, 16 Others.

1.50 STAKES (FILLIES AND MARES' GRP 2) 1m 2f Winner £120,000 (13 run)

1 (1) -13 LA PETITE COCO (24) P Twomey 4 9-11 (CD) ... W J Lee

2 (11) 374 EMPATHIC ANSWER (24) J P O'Brien 4 9-8 (C) ... D McMonagle

3 (12) -22 INSINUENDO (29) W McCreery 5 9-8 (C, D) ... C T Keane

4 (7) 341 RUMBLERS OF THUNDER (30) P Twomey 4 9-8 (D) ... S Foley

5 (9) 121 ABOVE THE CURVE (105) J P O'Brien 3 9-5 (D) ... R L Moore

6 (5) 112 DIDN'T HAVE MUCH TO DO (32) J P O'Brien 3 9-2 (D) ... D McDonagh

7 (10) 165 GALLERIA BORGHESE (16) A P O'Brien 3 9-2 (D) ... A Heffernan

8 (3) 274 LYRICAL POETRY (32) J P Murtagh 3 9-2 (BF, D) ... C D Hayes

9 (2) 036 ONE FOR BOBBY (45) J P Murtagh 3 9-2 ... B M Coen

10 (6) 221 ONLY (31) A P O'Brien 3 9-2 ... W M Lordan

11 (13) 225 SEISAI (15) J P O'Brien 3 9-2 ... S M Crosse

12 (8) 31 SUNSET SHIRAZ (327) G Cromwell 3 9-2 ... F Carroll

13 (4) 999 WEST COAST (16) A P O'Brien 3 9-2 ... E J McNamara

BETTING: 15-6 Little Petie Coco, 7-2 Above The Curve, 5 Insinuendo, 13-2

Rumbles of Thunder, 14 One For Bobby, Only, Didn't Have Much To Do, Lyrical Poetry, 33 Others.

2.25 DUBAI FLYING FIVE STAKES (GRP 1) 5f Winner £240,000 (19 run)

1 (2) 130 A CASE OF YOU (85) A McGuinness 4 9-6 (C, D) ... R Whelan

2 (3) 015 DRAGON SYMBOL (23) R Varian (UK) 4 9-6 (D) ... S Foley

3 (15) 112 EROSANDPSYCHE (16) P Twomey 4 9-6 (BF, D) ... M Lee

4 (13) 098 GUSTAVUS WESTON (36) Joseph G Murphy 6 6-6 (C3)

5 (9) 128 RAASEL (23) M Appleby (UK) 5 9-6 (D) ... J Watson

6 (17) 1-6 THE HIGHWAY RAT (16) A Oliver 4 9-6 (D) ... W M Lordan

7 (16) 2-5 CASTLE STAR (57) J A Stack 3 9-5 (CD) ... J P Spencer

8 (1) 383 CATTURA (44) C Cox (UK) 3 9-5 (D) ... A Kirby

9 (8) 471 EBRO RIVER (42) H Palmer (UK) 3 9-5 (C, D) ... B Curtis

10 (4) 960 NEW YORK CITY (23) A P O'Brien 3 9-5 (D) ... R L Moore

11 (10) 697 CHOCQUINTO (16) Miss H McLoughlin 9 9-3 (CD) ... J Slattery

12 (7) 611 HIGHFIELD PRINCESS (16) J Quinn (UK) 5 9-3 (D) ... C T Keane

13 (11) 242 MOONEISTA (57) J Davidson 4 9-3 (BF, CD) ... C T Keane

14 (4) -10 ROMANTIC PROPOSAL (64) E Lynam 6 6-3 (CD) ... C D Hayes

15 (11) 566 BROSTAIKH (57) J P O'Brien 3 9-2 (D) ... D McDonagh

16 (19) 310 FLOTUS (23) S & E Crisford (UK) 3 9-2 ... J Heffernan

17 (12) 317 GEOCENTRIC (57) M Lyons 3 9-2 (D) ... Mark Enright

18 (6) 201 LADIES CHURCH (57) J P Murtagh 3 9-2 (CD) ... B M Coen

19 (8) 008 SALITEN (16) A Murray 3 9-2 (D) ... G Halpin

BETTING: 7-4 Highfield Princess, 13-2 Mooneista, Romantic Proposal, 8

A Case Of You, Ladies Church, 12 Dragon Symbol, Ebro River, 12 Raasel, 10 FLOTUS, 20 Others.

3.00 STAKES (FILLIES' GRP 1) (2-Y-0) 7f Winner £240,000 (12 run)

1 (1) 31 AMAZING SHOW (51) G M Lyons 9-2 (D) ... C T Keane

2 (3) 93 ETERNAL SILENCE (15) J Harrington 9-2 ... S Foley

3 (11) 217 GAN TEORAINN (73) J Bolger 9-2 ... K J Manning

4 (5) 367 LA DOLCE VITA (15) D O'Brien 9-2 (D) ... G M Ryan

5 (4) 131 LAKOTA SIOUX (36) C M Johnston (UK) 9-2 (D) ... R Kingscote

6 (12) 111 MEDITATE (22) A P O'Brien 9-2 (CD) ... R L Moore

7 (6) 133 NEVER ENDING STORY (22) A P O'Brien 9-2 (BF, CD) ... W M Lordan

8 (9) 612 PAPILIO (37) J A Stack 9-2 (C) ... J P Spencer

9 (2) 712 SHELTON (15) P Twomey 9-2 (BF, CD) ... W J Lee

10 (10) 540 SYDNEYARMS CHELSEA (40) C Hills (UK) 9-2 (D) ... Doubtful

11 (7) 1 TAHYRIA (47) D K Weld 9-2 (D) ... S Foley

12 (8) 13 THORNBROOK (22) J P O'Brien 9-2 (D) ... D McDonagh

BETTING: 4-5 Erosandpsyche, 11-2 Sheltton, 12 Shartash.

RESULTS

LEOPARDSTOWN: Soft

1.30: ZARINOS (C T Keane 9-2); LIBRARY (2-1); HIGHLY DESIRABLE (125-1) 3.1 ran, 2/6, nk, (6 M Lyons). Tote: £5.50, £1.50, £1.50, £13.65. Tote Exacta: £20.80. Tricast: £988.92. Trifecta: £720.70. CSF: £14.09.

2.05: I'M A GAMBLER (T Marquand) 18-1; SAFE VOYAGE (6-1); CURRENT OPTION (9-1); EMPORIO (12-1) 4, 18 ran, 4-1! That's just Dandy. 1/2, 3/4, nk, (C M Johnston (UK)). Tote: £9.00, £3.95, £3.40, £4.90. Tote Exacta: £192.00. Tricast: £1107.47. Trifecta: £2903.00. CSF: £17.83.

2.40: AUGUSTE RODIN (R L Moore 11-10); CAROLINE STREET (18-1); ALDER (12-1) 3.5 ran, 1/2, 3/4, (A P O'Brien). Tote: £2.10, £1.25, £4.15. Tote Exacta: £12.50. Tricast: £48.70. CSF: £18.98.

3.10: DUKE DE SESSA (C D Hayes 6-1); THUNDER KISS (4-1); BEAMISH (18-5) 3.9 ran, 7-2 Point King, shd, hd, (O K Weldon). Tote: £8.40; £2.60, £4.20. Tote Exacta: £38.70. Tricast: £98.87. Trifecta: £174.80. CSF: £30.06.

3.45: LUXEMBOURG (R L Moore 7-2); ONESTO (11-1); VADENI (7-4) 3.7 ran, 1/2, 3/4, (A P O'Brien). Tote: £5.05; £1.50, £2.95, £1.10. Tote Exacta: £60.20. Tricasta: £171.70. CSF: £37.76.

4.20: JADOMI (C Soumillon 9-4); GLOUNTHAUNE (40-1); BOUNDLESS OCEAN (3-1) 3.8 ran, 9-4! Just Beautiful, 41, hd, (S & E Crisford (UK)). Tote: £3.25; £1.40, £1.15, £4.90. Tote Exacta: £33.70. Tricasta: £274.09. Trifecta: £131.50. CSF: £94.68.

4.55: PEARLS GALORE (W J Lee 16-1); SAFFRON BEACH (2-1); TENEBO'S FABLES (22) A P O'Brien 9-5 (CD) ... R Whelan

5 (3) 11 AESOP'S FABLES (22) A P O'Brien 9-5 (CD) ... D McDonagh

3 (1) 212 HANS ANDERSEN (22) A P O'Brien 9-5 (CD) J A Heffernan

4 (4) 111 MARABAAN (47) C Fellowes (UK) 9-5 (D) ... J P Spencer

5 (6) 133 PROUD AND REGAL (22) D O'Brien 9-5 (BF, CD) ... G M Ryan

6 (2) 113 SHARTASH (36) J P Murtagh 9-5 (C) ... B M Coen

BETTING: 4-5 Aesop's Fables, 11-2 Marabaan, 6 Hans Andersen, 13-2 Proud

And Regal, 10 Al Riffa, 12 Shartash.

Placepot: £91.30.

ONE A DAY

By David Yates

TRILLIUM

FROM BRITAIN AND IRELAND

CLASSIC QUALITY

Luxembourg (left, under Ryan Moore) set up a tilt at the Prix de l'Arc de Triomphe



BY DAVID YATES
@thebedfordfox

LUXEMBOURG put his troubles behind him for a brilliant Irish Champion Stakes win at Leopardstown that set up a mouth-watering Arc clash with unbeaten superstar Baaeed.

The Aidan O'Brien-saddled son of Camelot, like his sire an unbeaten Group 1 winner as a two-year-old, had the summer's middle-distance prizes at his mercy when roaring to third in the 2,000 Guineas back in April.

But a muscle injury ruled Luxembourg out of the Derby and a hard-fought neck win in the Group 3 Royal Whip Stakes at The Curragh last month was greeted with mixed reviews.

O'Brien promised that his colt, held up by a skin allergy prior to his return from 15 weeks off, would improve "20 to 30 percent" – and so it proved as Ryan Moore's mount took a half-length win over French challenger Onesto.

The runner-up's compatriot, and 7/4 favourite, Vadeni endured a troubled passage before finishing third.

"We knew to get him to The Curragh was a massive one – if he didn't get to The Curragh, he couldn't get here," said O'Brien.

"We went to The Curragh just ready to have a piece of work so, when he did what he did, we felt

LUX GOOD FOR ARC!

O'Brien: Champion win EVEN impressed Ryan... that'll do

that we had a chance. He took hard graft every day since The Curragh and he took it with a smile on his face."

The master of Ballydoyle (below, with the jockey Moore),



extending his own record to 11 wins in the 10-furlong Group 1, said: "He's brave, too – he showed that fight at The Curragh and he had to fight again today."

The plan was to get him to The Curragh and, if that went well, we'd come here... and if that went well we'd go for the Arc."

Ladbrokes cut Luxembourg to 6/1 second favourite for the Prix de l'Arc de Triomphe behind 2/1 market leader Baaeed, who heads to Paris if the rains stay away.

Europe's middle-distance championship means a belated attempt at a mile and a half for

Luxembourg, but O'Brien added: "He wasn't surrendering today – his head was in the cooker a long way up the straight and he didn't stop."

"Ryan was very impressed with him and Ryan is not an optimist by nature – so if he's even a bit impressed, it'll do!"

THE BHA has announced that British racing will not go ahead on Monday, September 19, for the funeral of Her Late Majesty The Queen. Racing will take place as scheduled in the intervening period.

HASKOY AND FRANKIE CAN DELIVER IN LEGER

BY DAVID YATES

HASKOY is the choice to defend her unbeaten record and lift the Cazoo St Leger (3.55pm) at Doncaster today.

The three-year-old daughter of 2015 Derby hero Golden Horn didn't make her debut until July 29, but she's already established herself as a filly of high promise.

That first run came in a novice stakes over a mile and a half at

Wolverhampton, and Haskoy carried the Juddmonte colours to a seven-length supremacy.

A tougher assignment lay in wait at York's Ebor Festival as Haskoy moved up to Listed level for the Sir Henry Cecil Galtres Stakes over the same trip.

Victory looked unlikely entering the final furlong, but Haskoy produced a power-packed finish to collar fellow Juddmonte

representative Time Lock in the final strides to score by a neck.

On the back of that win, connections decided to supplement for the final Classic of the season at a cost of £50,000.

The Leger trip of one mile, six furlongs and 115 yards looks sure to trigger another step forward from Haskoy, with Frankie Dettori taking the leg up, and the money can prove well spent.



FINAL FLING Ryan Moore rode Haskoy to a thrilling win in York's Galtres Stakes



HOME SUNSHINE Leclerc thrilled Ferrari-loving crowd

LECLERC FINDS MONZA MAGIC

FORMULA 1 Italian Grand Prix

Today, Sky Sports F1, 2pm

BY PHIL DUNCAN

CHARLES LECLERC put his Ferrari on pole position for today's Italian Grand Prix as Lewis Hamilton paid tribute to Queen Elizabeth II.

To the delight of the Monza crowd Leclerc pulled out all the stops with his final run at the Temple of Speed to send the Tifosi wild, with championship leader Max Verstappen having to settle for second-fastest.

Red Bull's Verstappen will line up in seventh, with the world champion among the eight drivers punished for exceeding their number of allocated engine components.

Britain's Hamilton qualified fifth but was hit with a grid sanction and will be starting in 19th.

The yellow 44 on the side of his Mercedes has been turned to black in honour of The Queen, among many tributes up and down the paddock to the long-serving monarch.

A one-minute silence was staged ahead of first practice on Friday, with another due on the grid before today's race.

The majority of the 125,000 fans expected for race day will be rooting for a Ferrari win, with Leclerc out to stop Verstappen making it five consecutive victories.

The Dutchman is on

TODAY'S GRID

1 Charles Leclerc	Ferrari
2 George Russell	Mercedes
3 Lando Norris	McLaren
4 Daniel Ricciardo	McLaren
5 Pierre Gasly	AlphaTauri
6 Fernando Alonso	Alpine
7 Max Verstappen	Red Bull
8 Nyck de Vries	Williams
9 Guanyu Zhou	Alfa Romeo
10 Nicholas Latifi	Williams

STANDINGS

1 Verstappen	Red Bull	310pts
2 Leclerc	Ferrari	201
3 Perez	Red Bull	201
4 Russell	McLaren	188
5 Sainz Jnr	Ferrari	175
6 Hamilton	Mercedes	158

Dutchman Nyck de Vries was handed his race debut at the 11th hour with Williams after

London-born driver Alex

Albon was ruled out with

appendicitis.



MOVING TRIBUTE Hamilton car number honours Queen



TONIGHT'S FINALISTS: Alcaraz (left) & Ruud

TEEN ALCARAZ'S HISTORIC CLASH

TENNIS: US OPEN

FROM NEIL McLEMAN
at Flushing Meadows

TEEN sensation Carlos Alcaraz will face Casper Ruud tonight for the US Open title – and the chance to become the youngest-ever world No.1.

The Spaniard, 19, is already guaranteed to overtake his hero Rafa Nadal in the rankings. And tonight he can also announce a new tennis era of tennis domination with a first Grand Slam win.

Ruud revealed he has been inspired by his fellow Norwegian, Manchester City's Erling Haaland, and will also go to the top of the rankings with his first Major title in the winner-takes-all showdown.

It is first time the two men have met in a Grand Slam final.

But Alcaraz, the second teenage male to make the US Open final after Pete Sampras in 1990, has the chance to establish himself as the sport's new superstar for the next decade.

Even American fans were cheering him during his sensational five-set semi-final win over home favourite Frances Tiafoe

"It's the final of a Grand Slam, fighting for the No.1 in the world, something that I have dreamt about since I was a kid," Alcaraz said. "It's amazing to be able to fight for big things."

The Spaniard has won three consecutive five-set matches, totalling 13 hours and 28 minutes to get to the final.

Ruud can go from world No.7 to world No.1 with a win tonight.

He has won nine ATP Tour titles and lost the final of the French Open to Nadal in June.

"In the final in Roland Garros, Rafa obviously gave me a good beating," said the first Norwegian Grand Slam finalist. "I'm happy that it's not Rafa on clay."



BY NEIL McLEMAN

JOE SALISBURY and Neal Skupski are ready to team up again in Glasgow this week in the Davis Cup, after clashing on opposite sides in the US Open Final.

And both British doubles specialists could be facing their regular partners, after Londoner Salisbury and American Rajeev Ram retained their US Open title by beating Liverpool's Skupski and Dutchman Wesley Koolhof.

Ahead of the Group D matches against Ram's USA, Koolhof's Netherlands, and Kazakhstan – which begin on Tuesday – Salisbury (above) said: "If Neal and I play together, everybody else will be in trouble! We've won tournaments as a pair and play well on the biggest stages – I'd be very confident we can get a result."

The top two teams in Group D will advance to the eight-nation knockout stage in Malaga, Spain in November.

GOLF

BMW PGA CHAMPIONSHIP
TODAY, FINAL ROUND, SKY SPORTS

RORY: IT'S TRUELY MY LUCKY DAY

McIlroy gives moving tribute to Her Majesty and then rides his fortune to go in one off the pace

BY PHIL CASEY
at Wentworth

RORY McILROY took full advantage of a major stroke of luck in his bid for a second BMW PGA Championship title, following a moving tribute to the Queen.

A two-minute silence at 9.50am was impeccably observed, with DP World Tour chief executive Keith Pelley joining staff, players and caddies in front of the first tee.

Defending champion Billy Horschel revealed he and his wife visited Windsor Castle to pay their respects when the tournament was put on hold on Friday, with Min Woo Lee doing likewise at Buckingham Palace.

McIlroy paid tribute to the Queen's "dignity, dedication and grace personified", adding: "I think growing up in Northern Ireland the Royal Family was part of our culture and you just sort of took it for granted that the Queen is the Queen."

He began his second round eight shots off the lead shared by Soren Kjeldsen and Viktor Hovland, but gradually made up ground with an eagle on the fourth and a birdie on the eighth,



RESPECT John Rahm of Spain observes two-minute silence

taking him out in 32. Birdies on the 11th and 12th were followed by four straight pars before McIlroy pulled his drive on the 17th into the trees and towards the out of bounds, only for his ball to emerge a few seconds later on the edge of the fairway.

McIlroy went on to make birdie and admitted: "It was like a seven, nett four. I told Harry (Diamond, his caddie) I won't be complaining about my luck until at least next year. It was very lucky."

Another birdie on the 18th saw McIlroy match his lowest-ever score at Wentworth, a 65 leaving him one off the pace alongside Thomas Detry and Rafa Cabrera Bello.

Hovland, who added a 68 to his opening 64, won his second

DP World Tour title in Dubai in January and would love to claim another of the circuit's biggest events.

Kjeldsen had set the early target thanks to a superb 64, the 47-year-old Dane dropping a shot on the first but responding with an eagle and seven birdies.

Speaking about observing the period of silence Kjeldsen said: "Being a foreigner but having lived here I had some idea how much the Queen meant to the British public, but it was quite overwhelming and I was taken aback by how much she was loved. It was a very special moment."

Government guidance following the Queen's death on Friday stated there was no obligation on sports organisations to cancel or reschedule events.

Pelley said: "I have heard from so many players that want to honour Her Majesty and felt that playing was the right way to do it."



JUST WATCH THE BIRDIE
McIlroy turns in a fine round to match his lowest ever score at Wentworth

'I CAN BE KING ARTHUR AGAIN'

BOXING

BY TOM HOPKINSON

LYNDON ARTHUR is confident that one good domestic dust-up will thrust him straight back into the world-title conversation.

Having beaten Anthony Yarde in December 2020, Arthur then lost the rematch a year later.

And the victory for Yarde put him on the cusp of a shot at the WBC, IBF and WBO

light-heavyweight champion Artur Beterbiev, which is expected to take place early next year, following an injury to the belt holder.

Arthur, who is set to face Argentinian Walter Sequeira in Bolton on Saturday, knows that could have been him.

But, after a change of promoters – he has joined the Wasserman stable – he is adamant he won't have to wait ages for his opportunity. He

said: "It won't be long before I'm back in those fights – it will take one fight against a decent-ish name at domestic level to get back in the mix for world titles."

"It just takes a good win and everyone forgets about a loss and what happened."

"Before the first Yarde fight, everyone said I was going to get beaten, then, going into the second one everyone thought I was going to win."

Boxing is fickle. I don't want to take it off me, but look at Anthony Joshua – everyone will say he's played out, washed out because he got beaten by arguably the best fighter in the division. If Oleksandr Usyk is not No.1, he's No.2.

"So now it's, 'Joshua is not what he was'. But let's say he beats Tyson Fury, people who are saying he'd lose again to Usyk will claim he'd beat him."



CHAMP Arthur beat Yarde in 2020

RUGBY UNION

Manu sets course for World Cup

Sale v Northampton

Today, 3pm

MANU TUILAGI starts his run towards next year's World Cup when he lines up for Sale today.

Centre Tuilagi (below) made just eight league appearances last term and missed England's summer tour due to knee surgery.

Sale boss Alex Sanderson has new signing Tom O'Flaherty on the wing after his move from Exeter, but another former Chief, lock Jonny Hill, is rested after England duty in Australia.

Northampton are missing Courtney Lawes, Lewis Ludlam and Dan Biggar after tours of international duty.

James Grayson starts at 10 in place of Wales' Biggar, and centre Fraser Dingwall captains after not playing a minute Down Under.

Another tourist, George Furbank, is benched while Wallaby lock Lukhan Salakaia-Loto and former Wallabies Under-20 flanker Angus Scott-Young make their Northampton debuts.

The game was shifted from Friday night after the news of the Queen's death.

Lions aim at Wasps

Gloucester v Wasps
Today, BT Sport, 3pm

GLoucester boss George Skivington has gone all guns blazing for today's visit of Wasps.

British & Irish Lions pair Louis Rees-Zammit and Chris Harris start at wing and centre respectively, with former England back-rower Ben Morgan at No.8.

Ruan Ackermann skips the side from flanker. Fijian back-rower Albert Tuisue, a summer signing from London Irish, is on the bench.

Wasps have Joe Launchbury at lock, and captain, after his summer off and England flanker Jack Willis is on the bench.

Alfie Barbeary starts at No.8, making up the back row with Brad Shields and Willis' brother Tom. Burger Odendaal, the South African new boy, starts at inside centre alongside Charlie Atkinson at 10.

EXILES EXCEL!

Warriors battered... but could have new owner in days



London Irish 45 Worcester 14
by Adam Hathaway

WORCESTER boss Steve Diamond watched his side take a seven-try hammering - then revealed the club could have a new owner next week.

Henry Arundell, the teenage England wing, scored twice after coming off the bench as London Irish ran riot, but Diamond insisted there could be light at the end of the tunnel for Warriors.

The Sixways outfit are in debt to HMRC and DCMS to the tune of £26million and face a winding up order petition next month.

Owners Colin Goldring and Jason Whittingham are trying to offload the club and Diamond is hopeful they will be put out of their misery shortly.

Diamond (right) said: "In the next 72 hours, there may be some news of a potential investor."

"The communication lines from the owners to me have been good, but they

are still in the mire of trying to find someone to buy this club and invest into it.

"It is a boost, but we don't want a false dawn.

"I have been around rugby for a long time and there are not too many people who want to put their hand in their pocket and buy rugby businesses.

"If they have found somebody, great, and no doubt they will speak to me.

"You never know they might not want me to stay around, which is up to them."

Arundell toured Australia in the summer but it was another winger, Ollie Hassell-Collins - overlooked for the trip - who sparked Irish.

He scored once, had a hand in two other tries and put in a big defensive shift. And head coach Les Kiss reckons

Hassell-Collins could be in with a sniff for England.

Kiss said: "There has been another growth in Ollie in the off-season.

"There was some nice stuff from Ollie for sure.

"I feel that with Ollie sometimes we're still scratching the surface.

"There's only upside to him all the way."

Main sponsor Adam Hewitt paid for the bus to bring the Worcester squad to Brentford and they were forced to wear last year's kit because the latest one is still at a supplier who has not been paid.

They faded after a furious opening 10 minutes when they had all the ball but kept getting knocked back by Irish.

Reality kicked in on 13 minutes when Hassell-Collins released centre Curtis Rona after an arcing run and he



We have run out of money and the owners need to find some or sell

put away flanker Ben Donnell. Scrum-half Ben White added a second and Hassell-Collins went through three defenders to muscle over for the third.

Arundell emerged on 47 minutes and 40 seconds later had scored after he kicked Hassell-Collins' chip through and dived over the line.

Diamond's team rallied in the last quarter but tries from Will Joseph, hooker Agustin Creevy and Arundell's short-range second finished them off.

Diamond added: "It was a bit more than just a rugby match - the bad news of what happened on Thursday with the Queen, the country is in shock - so you have got to put things in perspective.

"We are a rugby club that has run out of money and the owners need to find some or sell it."

LONDON IRISH: Tries: Donnell, White, Arundell (2), Joseph, Creevy

Cons: Jackson (3), Englefield (2)

WORCESTER WARRIORS: Tries:

Langdon, Shillcock Cons: Williams (2)



PILE IN FOR THE LATE SCORE Patrick Schickerling goes over to clinch Chiefs' win

TIGERS NEEDED MORE BITE, SAYS BEATEN BORTHWICK

Premiership Round-Up

BY ADAM HATHAWAY

LEICESTER boss Steve Borthwick admitted Tigers missed too many chances as they came down to earth with a bump losing 24-20 to **EXETER** at Sandy Park.

Prop Patrick Schickerling piled over at the death to pull the game out of the fire.

Joe Simmonds' conversion nailed the win for Chiefs.

Borthwick said: "Exeter came out with a specific plan and executed it very well, but

we adapted by making a few tweaks to be leading on the scoreboard but we missed a few crucial opportunities."

Chiefs head coach Ali Hepher reckons there is more to come. He said: "The way we grew into the game and showed little bits of our attack and defence coming together was really pleasing. It showed the potential of the group."

Freddie Burns, Tigers' drop-goal hero in the final win over Saracens, was binned in the first half for batting down Harvey Skinner's kick with the

fly-half going for the ball. That cost a penalty try and Chiefs were 17-6 up at the break before the visitors scored tries from Hanro Liebenberg and Charlie Clare.

But Liebenberg was caught offside with a minute left, Chiefs drove from the lineout and nicked the match.

Ellis Genge marked his second coming at **BRISTOL** with two tries as Bears beat **BATH** 31-29 at Ashton Gate.

Genge, who returned

from Leicester in the summer, scored in the first and 71st minutes, but it was fly-half AJ MacGinty who scored the winning conversion after Will Capon's try at the death.

Bath had replacement hooker Niall Annett sent off in the 37th minute after a flare-up

Late scores from Alex Dombrandt (left) and Joe Marchant gave **HARLEQUINS** a 40-31 win over **NEWCASTLE**.



SPORTS SHORTS

Finch set to quit Australia ODI side

CRICKET

» AUSTRALIA captain Aaron Finch will retire from ODI cricket but continue to lead his country's T20 side ahead of the defence of their World Cup crown.

Opener Finch will stand down following the conclusion of today's clash with New Zealand in Cairns.

The 35-year-old - under fire after a recent slump in form - said: "It is time now to give a new leader the best possible opportunity to prepare for and win the next World Cup."

Marc aims at Great repeat



GREAT NORTH RUN

» BRITAIN'S Marc Scott (above) will be defending his Great North Run title for the first time today.

Prior to Scott's triumph last year, the men's elite race had been won since 2014 by Mo Farah, apart from when it was cancelled due to Covid.

Ethiopian Olympic 10,000m champion Selemon Barega and Uganda's Jacob Kiplimo, the world-record holder and reigning world half-marathon champion, are competing in this year's race.

A total of 60,000 people have entered the 41st running of the world's biggest half-marathon.

The organisers said: "The thousands of runners are expected to raise an estimated £25million in charitable donations - that will be a fitting tribute to the Queen, who lived her life in service to the country and its people."

CYCLING

» REMCO EVENEPOEL is poised to win the Vuelta a Espana after retaining his overall lead on stage 20.

The Belgian (below) finished two seconds behind Enric Mas, his main rival, to lead by two minutes and five seconds ahead of today's processional final stage of the race into Madrid.

BRITISH SUPERBIKES BY ZOE BURN

» BRAD RAY powered to the first Bennetts British Superbike race win of the weekend as he led a Yamaha top three at Snetterton.

The Rich Energy OMG Yamaha rider pipped reigning champion Taz Mackenzie by 2.437secs in yesterday's sprint race, with Ray's team-mate Kyle Ryde third.

Ray said: "I've had really good pace all weekend. We haven't had a lot of dry track-time but the bike's feeling unbelievable in the dry."

WORLD SUPERBIKES BY ZOE BURN

» ALVARO BAUTISTA beat Brit Scott Redding to the first World Superbike race win of the weekend at Magny Cours as the Spaniard's two title challengers crashed out.

The Aruba Ducati rider beat Redding's BMW by 4.079secs at the French track, as both Jonathan Rea and Toprak Razgatlioglu tipped off in separate incidents.

RUGBY LEAGUE

BETFRED
SUPER LEAGUE

Sneyd makes Salford believe

GIANTS ARE CRUSHED

Huddersfield 0
Salford 28

By Julie Stott
at the John Smith's Stadium

MARC SNEYD
snuffed the life out of the Giants as he masterminded a brilliant do-or-die win for underdogs Salford.

The Red Devils came into the play-offs as the lowest ranked team, against the third-placed side, but they were a huge class above.

Poor Huddersfield were massively disappointing but any side would have struggled against Paul Rowley's free-flowing entertainers in this mood.

Rowley said: "We are a good team with good players. We are resilient and



LET ME ENTERTAIN YOU: Ryan Brierley celebrates a touchdown for his free-scoring Salford side

adaptable and very chilled. It was definitely a win for character and commitment.

"We may be a bit of a crazy gang at times but we have some talented individuals who take it very seriously and work hard and come together as a very good team."

Gutted

Half-back Sneyd led the way with six goals and two try assists to set up a semi-final clash next Saturday with champions St Helens.

Gutted Giants boss Ian Watson said: "We played real dumb and Marc Sneyd was able to play in a dinner suit on the back of it."

"The better team won, it's a really disappointing end to the season."

Rowley, who is on the shortlist to be named Coach of the

criticising referees in the past 12 months, now face an investigation.

Leeds coach Rohan Smith said: "It was disappointing to see the ref getting things thrown at him and our players treated like that."

England star Tomkins (left) was also rapped for his part in Friday's 20-10 defeat in Perpignan which ended the French club's season.

Smith accused him of diving to try and win a penalty and had a



CRACKER ACKERS

Ackers enjoys his try with Sneyd (below) masterminding the Reds' victory



can only beat them with hard work, commitment and throwing a bit of caution to the wind. We will not be daunted by the challenge."

Salford raced into a 16-0 lead after just 19 minutes with tries from Joe Burgess and Kallum Watkins, plus four Sneyd goals.

Taunts

Brierley's spell in the sin bin failed to derail them and Salford held the lead until half-time and then stretched it early in the second.

Brierley raced on to a grubber kick from Sneyd sparking taunts from the Salford supporters against their former boss Watson, who took them to the 2019 Grand Final.

Hooker Andy Ackers rounded off the win with a great solo effort in the dying moments.

SALFORD RED DEVILS:
Tries: Burgess, Watkins, Ackers, Brierley, Cons: Sneyd (4)
Pens: Sneyd (2)

for three minutes while the ref tries to work out what happened, it's not good for the game."

Catalans lost their heads, as they repeatedly disputed referee James Child's decisions. They had Gil Dudson sent off and Micky McIlorum and Mitchell Pearce (twice) sin-binned.

Smith said: "There was a lot of pushing and niggles, and they were not instigated by our players."

SAM'S DRAGONS UNDER FIRE AFTER MISSILES SHAME

By Julie Stott

SAM TOMKINS and Catalans have come in for heavy criticism after disgraceful scenes marred the Dragons' play-off defeat by Leeds.

Rhinos players, match officials and broadcasters were pelted with missiles by Catalans fans at the end of the bad-tempered match.

The club, whose president Bernard Guasch has been banned and fined twice by the RFL for

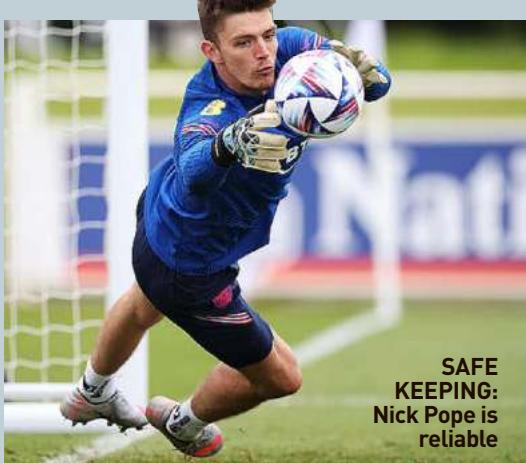
heated exchange with Tomkins at half-time. Smith said: "He questioned and challenged every decision. I suggested we play footy and see who the best team is."

On an incident which saw Tomkins fall over after contact with Matt Prior, Aussie Smith simply said, "Dived". He added: "I don't have a massive problem with gamesmanship. But when it turns into a scuffle and the game stops

ENGLAND



Countdown to World Cup kick-off in Qatar



SAFE KEEPING: Nick Pope is reliable

Pope's in with 'monster' shot at the No.1 job

By John Richardson

NICK POPE used to play in the shadow of the Wembley arch watched by a scattering of fans.

Now the Newcastle goalkeeper – labelled "a monster" – is used to appearing at English football's prestigious stadium in front of 90,000 supporters.

As he gets set to be named this week in head coach Gareth Southgate's Three Lions squad for the Nations League double header against Italy and Germany, he must be pinching himself.

Outstanding

Wembley might have been just down the road when he was turning out for Isthmian League side Harrow Borough – but in football terms it was a million miles away.

Pope, 30, is already an instant hit with the Toon Army following a succession of outstanding performances since his £10million summer move from Burnley.

It's a long way from his fledgling days of treading the non-league and lower-league boards while on loan from Charlton.

Harrow was just one of many stops on his journey.

There were stints at the likes of Welling, Aldershot, York and Bury Town.

Former Burnley boss Sean Dyche (above) – who took him to Turf Moor in 2016 – recalled: "I thought to myself, 'He's massive, physically huge'.

"Popey was a monster who runs across the goal stopping the ball going into the back of the net.

"He'd just been relegated with Charlton but that didn't put me off –

in fact it was the opposite because it meant he'd had to be mentally strong through a demanding season. You learn a lot from these experiences.

"Over the last few years he has developed tremendously.

"His biggest quality as he has shown on numerous occasions, is he stands up with that huge physique for so long that it can intimidate opposition centre-forwards in one-on-one battles.

"Although he has a big frame, his movement is razor sharp.

"He's an excellent all-round keeper who is obviously also very much part of England's plans for the World Cup finals."

With injury ruling out Everton's Jordan Pickford against Italy at the San Siro in Milan and Germany at Wembley, Pope should have another opportunity to advance his claims to be head coach Southgate's No.1.

Quarters

Dyche doesn't go along with the feeling in some quarters that Pope's kicking and distribution is a concern.

He said: "Brian Clough used to say the goalkeeper's job is to stop the ball going in the net.

"Popey is pretty good at that bit.

"OK, the modern game does ask goalkeepers to be better with their feet, and Jordan Pickford is very good.

"But you rarely get a keeper who is good at everything.

"But as far as I'm concerned, Popey has great instincts and reflexes to keep the ball out of the back of the net.

"He'd just been relegated with Charlton but that didn't put me off –

GARETH'S QAT CALL

Big selection dilemmas facing boss...

just 70 days out from the tournament



GOALKEEPERS

DEAN HENDERSON'S return to first-team action, on loan at Nottingham Forest, is a bonus but he has conceded 14 goals in six Premier League games.

Aaron Ramsdale and Nick Pope are performing well for Arsenal and Newcastle respectively but Southgate will be hoping Jordan Pickford's thigh injury – which will keep him out of this double header – is not a long-term problem.

Pickford (above right, with Pope) remains his No.1 but Southgate does appear to have decent back-up.

DEFENDERS

THIS is probably the area where Southgate has the most conundrums.

His faith in Harry Maguire has been unshakeable but the Manchester United captain cannot get into his club's Premier League starting team after being dreadful in the opening fixtures.

Maguire's teammate, Luke Shaw, has been suffering with niggling injury but has lost his place to Tyrrell Malacia and is unlikely to win it back.

Ben Chilwell

WHEN Gareth Southgate went to watch Tammy Abraham and Chris Smalling at Udinese last Sunday, the outcome was almost inevitable.

Abraham and Smalling's Roma fell to a crushing 4-0 defeat, neither distinguished themselves and the former went off early with a shoulder injury.

As Southgate prepares to name his squad for the Nations League games against Italy and Germany – the last chance for players to impress in the international stage before the start of Qatar 2022 – he faces more questions than answers.

The games in Milan on September 23 and at Wembley on September 26 are England's last fixtures before the start of Qatar 2022 and Southgate's last chance to have a close look at his players before naming a 55-man long list and, eventually, a World Cup squad of 26.

Here, ANDY DUNN takes a look at some of Southgate's dilemmas ahead of his squad announcement.

competes with Marc Cucurella for a place in Chelsea's team, Kyle Walker and John Stones have not been their usual imperious selves at Manchester City and Tyrone Mings – who missed out on Southgate's last squad – has had issues at Aston Villa.

Fikayo Tomori, though, has established himself as a key man

at AC Milan while Eric Dier is surely in line for a recall and Brighton's Adam Webster could be in with a shout.

MIDFIELDERS

KALVIN PHILLIPS is another Southgate favourite and was England's 2020/21 Player of the Year but has played the grand



total of 13 minutes football for his new club Manchester City.

His City team-mate Jack Grealish is also struggling to find his best form.

Both have done more than enough for their place not to be under threat and the same goes for Mason Mount, who has hardly been pulling up trees with Chelsea so far this season.

After an indifferent start to the season, however, Jarrod Bowen will be sweating on Southgate's selection.

ATTACKERS

WHILE Abraham might not have impressed against Udinese, he has done enough with Roma to be in Southgate's plans but there should still be a first call-up for Ivan Toney, who has been sensational for Brentford this season.

Marcus Rashford and Jadon Sancho are pushing for a recall but it is unlikely both will be brought back into the fold. Raheem Sterling will remain a go-to attacker and, even at this early stage, looks a guaranteed starter alongside Harry Kane (both above) when England line-up against Iran for their first game of the World Cup on November 21.



RUNNING OUT OF TIME: Maguire, Shaw and Grealish are struggling for action

CASH CRISIS IN LOWER LEAGUES

Would the last one to leave please turn off the floodlights!



TAKING ACTION
Sparks is using measures to reduce costs this winter

RISING ENERGY BILLS CONCERN BANTAMS CHIEF

EXCLUSIVE

by Ross Heppenstall

BRADFORD CITY supremo Ryan Sparks has delivered a stark warning with the cost of living crisis set to wreak havoc throughout the EFL.

As already hard-up clubs gear up for a winter of discontent due to soaring energy prices, the idea of 1pm kick-offs – in order to avoid playing under floodlights – has been mooted.

Energy bills are set to triple and for a League Two club like the promotion-chasing Bantams, who regularly play in front of over 16,000 fans at the University of Bradford Stadium, the rising

costs will present a drastic challenge.

Bradford CEO Sparks said: "It's going to be very expensive and unavoidable – and it's obviously impacting budgets across the EFL."

"We are already taking measures to reduce our impact on the environment, but also now to further reduce our energy usage, such as the use of solar power."

"There is a suggestion within the game that we could move kick-off times, in the winter months, to 1pm on a Saturday and that's something we would consider. Floodlights are expensive to run and, when you

add that up over the best part of 20-30 home games, the costs are heavy. And that's only one area of energy demand. We have made our thoughts known to the Football League about referees requesting that floodlights are used in recent games, which I find unacceptable given what we're all about to go through and the clear demand to protect the environment."

Unnecessary

"We played Crewe a couple of weeks ago, with the floodlights on from the half-hour mark, which was unnecessary."

"It's about being as sustainable as you can and using as little

energy as possible, but rising costs are having a huge effect already."

"We would ideally prefer to spend money on players and facilities, but there are certain projects, such as improving the stadium and surrounding areas, we've had to shelve due to the impending rising costs."

"It's a bit of a cloud hanging over our club and every other club. We're trying to run the stadium to a minimum to keep energy costs down."

The Bantams boast the biggest fanbase in the fourth tier but Sparks admits that some supporters may no longer be able to afford to attend games.

He said: "We made a bold move earlier this year to freeze our season-tickets prices and

look at ourselves in the mirror as to where we can generate income or save money to allow that to continue."

Value

"At £198 for an adult, it represents outstanding value and we're only charging £5 for our next Papa John's Trophy match, so we're doing our best to make sure people can still come out and enjoy football without it affecting personal finances."

Prime Minister Liz Truss (left) this week announced plans to support businesses and Sparks added: "This is a time for the Government to act and support because we're facing a challenging situation and it's a major concern at a lot of clubs and businesses across the UK."

 "I would say that Arsenal are significantly improved and now have squad depth. "I always say they shouldn't hesitate to sign players because if you pick up a major injury or two, to key areas, it can affect you greatly."

After a busy summer in the transfer market,

Winterburn wants his former club to aim big this time around.

He said: "Arsenal's aim is to get into the top four this season... but I still think it'll be a massive fight."

"Consistency is going to be key. They didn't show enough of that last season."

"In terms of where they are now, with who they've brought into the club, the squad is stronger."

"But we've got to add into that as this season they're playing Europa League football as well."

"A good, strong run in the Europa League and FA Cup is a must."

» Nigel Winterburn was speaking to Paddy Power

'TOUCH AND GO' FOR CLUBS TO SURVIVE

by Richard Edwards

THETFORD TOWN may be her hometown team, but the new Prime Minister is no regular on the terraces at Mundford Road.

And the club's chairman has a stark warning for Liz Truss as she begins the job of rebuilding a country ravaged by inflation and soaring energy costs.

The Eastern Counties Premier Division side are one of the lucky ones, with their

energy tariff fixed until March 2023. Others, though, are not so lucky.

And despite the measures introduced by the Government to tackle the problem, Nigel Armes still sees difficult times ahead for the lower league and non-League game.

"Not all clubs are going to weather this storm," he said.

"If clubs are committed with contract players, or they can pay expenses to players – if they've got high costs and

low support then it will be touch and go whether they will survive."

"It's very tough out there and it's going to get more difficult as inflation bites."

"Energy costs are something which clubs can't really do anything about."

"At Thetford Town we're nicely situated."

"But when that current energy contract ends, how much more are we going to be paying – three times more?"

Four times more? The people that come to watch us, and pay to watch will make their own choices – can they afford to go to football?

"Volunteers that work for nothing and put their own petrol in the car and go backward and forwards to the club, little materials they'll bring up, will they be able to afford to do that?"

"They might also have to work harder, put in more hours in overtime to pay for their bills as well."



HIGHLY RATED: Saliba

Gunners strength in Saliba

EXCLUSIVE

by Alex Wood

ARSENAL have to push for trophies this season AND a top-four finish.

That's the view of club legend Nigel Winterburn, who has been impressed by Mikel Arteta's collection of fresh faces.

None more so than William Saliba, who is virtually like a new signing after consecutive loan stints in France with Nice and Marseille.

Winterburn (below), who won three league titles with the Gunners and made over 400 appearances, said: "The squad is much stronger than last season. "Saliba's come back at centre-half and before joining people were rating him very, very highly."

"He's started his Arsenal career well. "So they're stronger in centre-half positions and they're stronger at full-back."

"Oleksandr Zinchenko can also play in the centre of midfield so that makes us stronger there, and they are definitely better up front with Gabriel Jesus."

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» Nigel Winterburn was speaking to Paddy Power

NEIL MOXLEY

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Nasty case of déjà vu... let's hope Klopp can sort it this time

JURGEN KLOPP can be forgiven his sense of déjà vu.

As he sat in the bowels of the Diego Armando Maradona Stadium on Wednesday night, scratching his head at his side's collapse, the thought must have crossed his mind.

'I've been here before'.

Conceding four goals inside the opening 50 minutes of a Champions League group fixture against spirited opponents had given him plenty of food for thought.

In the press conference afterwards, he attempted to pinpoint the issues.

Blurred

Using phrases such as, "basic things weren't there", and asking if the club had to "reinvent" itself, suggesting the bigger picture is far more blurred. And hints that changes are afoot.

Klopp isn't averse to shaking up his club, if he feels it is warranted and the team will profit. For example, in his last season at Borussia Dortmund,

he resigned before the end of the campaign as he looked to elicit a positive response – he got one.

But there are worrying signs that lightning might be striking twice.

The German is facing many of the same problems at Liverpool as he had done in his country's industrial heartland.

And it didn't end well. In fact, much like this campaign it didn't start well, either.

The catalyst for the fall was the exit of arch-goal-getter Robert Lewandowski (right with Klopp) to Bayern Munich.

The Poland international went on to score at the rate of one every game for his new club. That would leave a big hole in any team. As great as the defection of Sadio

Mane – ironically also to the Bavarian club – has done to him on Merseyside? Maybe not, but it has undoubtedly had an effect.

All of a sudden, there's more pressure on everyone else to find the net. Mo Salah doesn't look the same player. And the statistics bear that out.

Back in Dortmund, it didn't help that Adrian Ramos, Lewandowski's replacement, flopped. It's too early to call similar over Darwin Nunez – but it's fair to say the Uruguayan hasn't hit the ground running.

Back in Germany, other mistakes were made in the transfer market.

Ciro Immobile was brought in and farmed out inside 12 months.

Mario Gotze followed Lewandowski to Bayern Munich.

All of a sudden, without warning, there had been a dilution of the squad that had reached such heights.

Powerless

And Klopp proved powerless to stop the rot.

At one stage, Dortmund propped up the rest of the Bundesliga as the head coach desperately sought answers.

The fact is that James Milner's getting older, Gini Wijnaldum's absence has always been underplayed and the players who have turned out with such intensity for him cannot always be expected to do so.

Liverpool are far from broken. Far, far from broken but the lessons of history are there.

Klopp may have a sense of déjà vu.

Whether he has come up with any answers in the meantime is now the outstanding £64,000 question.



WHO'S HOT THIS WEEK

DIEGO COSTA

THE 33-year-old Brazilian striker is returning to the Premier League with Wolves. One of the better wind-up merchants, he adds a welcome touch of devilment to the competition.

KIERA WALSH

THE 25-year-old midfield general may be one of the unsung heroes of the Lionesses' triumph this summer, but anyone who becomes the subject of a world-record transfer deserves credit.

HAMMERS FANS

WEST HAM supporters for breaking into a moving chorus of God Save the Queen, ahead of the Irons' Europa Conference League fixture against FCSB. Sometimes the most impressive tributes are purely spontaneous.

...AND WHO'S NOT

BLUE AXE

THOMAS TUCHEL'S sacking – warranted or not, the German handled the fallout from owner Roman Abramovich's exit impeccably. That fact seems to have been forgotten amid the week's surprise news.

HOW MUCH?

THE bill for agents in football's last transfer window – and also during the time of a cost-of-living crisis – was a staggering £430million. Market economics is one thing – but this is obscene. FIFA need to act.

LUCKY BOY

ANTHONY JOSHUA'S career has been handed a lifeline by Tyson Fury. He either wants to get it on with the Gypsy King or he doesn't. But he needs to take this – and finally settle the argument.

THE LAST WORD

From handing over the Jules Rimet Trophy to Bobby Moore – and countless FA Cup trophies to winning captains – to appearing regularly at Ascot and at Wimbledon, it was clear that our Queen enjoyed her sport as much as the rest of us. Rest in peace, ma'am.

TODD'S WAVING WODGE

NEW Chelsea owner Todd Boehly was taken to task here last week for the mad trolley-dash of signings that were the general theme of the club's summer transfer business.

And it seems he still has some way to go before Boehly (below) fully 'gets', er, soccer.

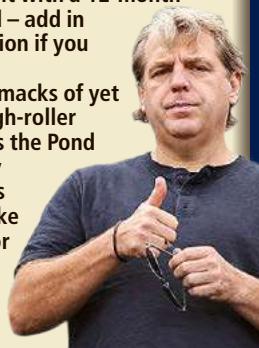
Like many, I'm glad to see an English coach given a crack at one of the elite clubs. Graham Potter is a standard-bearer.

But awarding him a five-year contract at a club where the survival rate is little more than one season is madness.

You can demonstrate long-term commitment with a 12-month rolling deal – add in compensation if you want.

This all smacks of yet another high-roller from across the Pond who is very keen for his cash to make his point for him.

It never usually ends well.



» FULL marks to American Billy Horschel, Rory McIlroy (both below) and Shane Lowry for speaking out against colleagues from the Saudi-sponsored LIV tour who are playing at the BMW PGA at Wentworth.

The likes of Ian Poulter & Co. are taking the p**s. They want to still play these big DP World tour events after having stuck two fingers up and joined an alternative.

It's not pleasant to see golf tearing itself apart – but at least players like Rory are fronting up to say what they think to the rebels' faces and not behind their backs.



IT'S RANK NONSENSE

SAT through another international non-contest this week as Sarina Wiegman (below) and her Lionesses beat Luxembourg 10-0 at Stoke.

It happens in the men's game. It is happening in the women's. And there is no justification for it anywhere.

Here was a sporting contest turned into a punchline by pitting utterly ill-matched teams against each other.

There needs to be pre-qualification for these smaller nations – easily identified by FIFA's ranking system.

It's also taking advantage of the public who stump up to watch meaningless fixtures – and it needs to stop.





COUNTDOWN TO WOMEN'S SUPER LEAGUE

Izzy eyes return to top table

EXCLUSIVE

by Richard Buxton

IZZY CHRISTIANSEN is setting her sights on more than just a new Everton contract.

The England star's deal expires next summer, but she has outlined her target to help Brian Sorensen's side secure a long-awaited return to the Champions League.

Christiansen, who conquered Europe's elite with Lyon in 2019, said: "I joined Everton when I was 14 and made my first-team debut in the Champions League.

"Those two words are what I want to get Everton closer to again.

"I see Everton being, in the women's game, a team which should be competing in the Champions League because that's where I found them.

"I want Everton to be back up there at the top.

"You know with football clubs that they go through ebbs and flows."

Toffees midfielder Christiansen, 30, worked as a pundit at this summer's Euros and believes interest in the WSL on the back of the Lionesses' success can offer an outlet to supporters who will miss out on their match-going experience during the World Cup.

She added: "Not every football fan is going to be able to go out to Qatar to watch their respective teams play in the World Cup," she added.

"So I think to get your football fix, there's no better place than the WSL during November and December.

"That's when it really starts to heat up in terms of competition.

Appetite

"We'll have a really good insight then as to who's going to go on and win the league, who's going to challenge for the Champions League spots, who's struggling at the bottom.

"Now, at the start of the season, it's about grasping that appetite and making sure fans are really entertained."

Christiansen (below) rejoined Everton in 2019 after a success-laden decade away – but she admits being back in familiar surroundings helped in her journey of personal rediscovery.

"I didn't just come back because I wanted to play back in England. I came back because I saw Everton as a project I could impact," she said.

"As a player, you've got to be happy off the pitch to perform on it and you have to bring the best version of yourself through the training gates every day in order to be impactful.

"Getting that stability in your life is important as a player to make sure that you can be who you want to be on the pitch.

"That's definitely what I found in myself."



STOPPING AT NOTHING

You have to hand it to Kearns for all her dedication

EXCLUSIVE

by Richard Buxton

MISSY BO KEARNS has spent a lifetime following in the footsteps of Liverpool stars.

As a childhood fan, the midfielder grew up idolising Steven Gerrard and shared the pitch with Curtis Jones, one of the Anfield legend's future homegrown successors.

Kearns and Jones started out together at junior side Mossley Hill before graduating to become standard bearers for Liverpool women's and men's teams respectively.

She admitted: "To see us both progress – he's the youngest men's captain and I'm the youngest women's captain ever – it's a proud moment for me.

"I know all the sacrifices I've had to put in, so he's had

to do the same... the late nights training and then going to school when you're a kid.

"It's not easy and to see it pay off, it's worth every single minute."

Kearns has reaped the rewards from putting in those hard yards as Liverpool prepare to kick off their first Women's Super League campaign for three years.

Spotlight

Working under Matt Beard, who won successive WSL titles as manager in 2013 and 2014, 21-year-old Kearns is relishing the prospect of stepping back into that spotlight. She said: "We're back where we belong, where

we should be and it's going to be exciting to see where we're actually at. We'll perform against some of the big teams, and we've got a good enough squad to compete.

"I'm looking forward to it because last time I was just a player who'd come off the bench. I was only young, I'd not played many minutes.

"Now I could be starting a lot of the games this season if I perform, so I'm looking forward to the challenge."

Like fellow Scousers Gerrard and Trent Alexander-Arnold, Kearns has gained a reputation for lethal set-pieces, which her manager hails simply as

"undefendable". She added: "I think that growing up at Liverpool, it's a very technical club and you're working on stuff all the time.

"One thing that I used to get told to work on a lot when I was a kid was corners and free-kicks.

"Now they're coming off.

Chance

"We get a lot of goals and I get a lot of assists from them. If you've got a good delivery, it's a good chance for your defenders, midfielders and strikers to get on the end of them. It can be the difference between winning and losing."

The England Under-23 international is also hopeful of fulfilling a lifelong ambition in a fortnight's time, when Liverpool face Everton in the Merseyside derby.

Kearns admitted: "I can't wait. It'll be a dream come true to play at Anfield.

"Last time I was on the bench and didn't get on.

"It was frustrating but hopefully my time to prove myself comes. I was only a kid then and now I've matured.

"I'm 21 now and still one of the youngest in the team, but I don't feel like I am.

"I have my say and the girls treat me like one of them. I'm not the kid anymore."

RUSSO'S EUROS BOUNCE

BY RICHARD EDWARDS

ALESSIA RUSSO is backing the women's domestic game to receive a sizeable boost after the England Lionesses' heroics in the European Championship this summer.

The Manchester United star (left), who scored four goals in

England's march to trophy glory, will be one of the star turns in this year's WSL.

Now Russo wants to see a knock-on impact on the terraces.

She said: "I think every season is massive for me.

"But after what we've done

this summer, we hope that the game keeps progressing.

"We hope it keeps progressing in the right direction and that we keep breaking new records – more and more people coming to the games. We want more and more recognition."

EXCLUSIVE



Jess leave it out, Marsch

DANNY MILLS
EXCLUSIVE

By Ross Heppenstall

JESSE MARSCH has been urged to stop "slaughtering" referees – or risk turning officials and rival managers against Leeds.

The warning comes from former Whites defender Danny Mills, who was at Elland Road for Everton's recent visit where Marsch's touchline histrionics caused a stir.

During last Saturday's 5-2 thumping at Brentford, Marsch was sent-off for berating referee Robert Jones and will now serve a touchline ban in tomorrow's home game against Nottingham Forest.

Mills believes the American must learn to keep his emotions



STROP: Marsch is now banned

in check, saying: "Marsch needs to rein it in a bit so that people don't start highlighting him for all the wrong reasons.

"He's a good coach with some very good ideas, but if he keeps going apoplectic on the touchline, then that's going to detract from what he's actually doing."

"That's what you don't want as a manager and I think there are one or two Leeds fans now saying, 'Is this really necessary?'

"Yes, you want passion, but any manager needs to be calm under pressure to enable him to make the right decisions."

"Look at how Graham Potter conducts himself and the status he has elevated himself to."

"It doesn't make him any less passionate or less of a coach, but maybe Marsch has been sucked into the Leeds fans' mentality a bit."

"That's great, but a manager losing it on the touchline can filter through to his players – because



STUNG AT BEES NEST
Leeds boss
Marsch is sent-
off at Brentford

Leeds boss gets warned not to see red by making life Ell for referees

you start to become rash. It's the old-school cliche about 'fire in the belly, ice in the head'."

Mills fears Marsch's fiery behaviour could turn officials against Leeds if it continues.

He added: "If you're constantly berating the referee – and I know from experience – and slaughtering the officials, if there is a 50-50 decision, then human nature says it's going to go against you. The refs will think, 'Hold on,

you've been calling me all sorts, actually you're not getting this decision'."

"Also, I think you start to annoy other teams, opposition managers, referees and the media."

Detriment

"That's where Marsch needs to be careful that his actions are not to the detriment of his team."

Leeds were due to be playing Nottingham Forest at Elland

Road tomorrow night, but the match has now been postponed along with all the other Premier League games, following the Queen's death last Thursday.

But, looking ahead to the rest of the campaign, Mills added: "Leeds have to survive this season and get to between 12th and 16th."

"If they do that – and as soon as they hit the 40-point mark – then they can start building for the following season."



PARKING THE BUS: Clough as Hartlepool manager

Cloughie put the beating Hart into a doomed outfit

By Simon Mullock

BRIAN CLOUGH is remembered as the greatest manager England never had.

The achievements of Old Big 'Ead with Derby County and Nottingham Forest are well documented – as are his ill-fated 44-day reign at Leeds United and ill-conceived spell in charge of Brighton.

But the 18-month stint he spent cutting his managerial teeth at Hartlepools United is often just a footnote in the story of the great man's career.

Yet his time fighting the dead men walking at the bottom of the old Fourth Division was indeed the springboard that catapulted him to the incredible success he was to enjoy working alongside assistant Peter Taylor in the East Midlands.

Clough's assessment of his first season in charge at Victoria Park was brutal.

He stated: "I'm not joking when I say that if I live to be 90 and stay in football for another 40 years, I will never experience a period so difficult and worrying as the one which finished this week."

He had just spared Hartlepools – the letter 's' was dropped by the club in 1968 – the ignominy of applying for re-election to the Football League for the sixth successive summer.

These were the days before promotion and relegation to and from the league was automatic.

And no club was forced to beg for votes to remain as one of the elite 92 more often than Pools.

A book about Cloughie's initial foray into management, 'Alchemy – Brian Clough and Peter Taylor at

Hartlepools United, is published this month.

A crippling knee injury cruelly ended Clough's goal-laden playing career at Middlesbrough and Sunderland prematurely.

Joining Hartlepools in October 1965 gave him a new lease of life – although the club were second bottom of the Fourth Division at the time.

Clough's first masterstroke was to persuade Taylor (below) to walk out of a three-year contract at non-league Burton Albion and take a pay cut to rejoin him in the North East.

The pair had become friendly when they were team-mates at Boro.

And Taylor quickly proved himself to be a master at spotting unpolished talent.

Hartlepools were one of only two clubs in the Football League without floodlights.

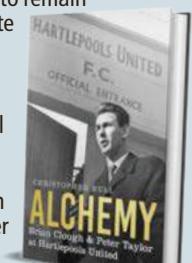
Their stadium was so dilapidated that Clough could often be found making running repairs to the place.

He was able to keep Hartlepools out of the relegation zone that first season.

And his first full campaign saw them flirt with promotion before they eventually finished eighth as floodlights were finally installed at the Victoria Ground.

The reputation of Clough and Taylor was on an upward curve and in the summer of 1967, Second Division Derby came calling for their services after the club's directors drove north to meet them over Sunday lunch.

Over the course of the next decade or so it would be top-flight League championships and European Cups on the menu.



» **Alchemy - Brian Clough and Peter Taylor** by Christopher Hull is published by The History Press on September 15.

STRIKER RIPS INTO OLD BOSSSES



EXCLUSIVE

by Simon Mullock

ANTHONY MARTIAL has broken his silence on his stuttering career at Manchester United.

The Frenchman has come out shooting from the lip at his former managers – denouncing Jose Mourinho for treating him with no respect and accusing Norwegian Ole Gunnar Solskjaer of treachery.

Martial believes he is misunderstood by supporters and media alike because he has often been forced to play through the pain barrier – and that his refusal to be a faker cost him a World Cup winner's medal after he was left out of the France squad for 2018.

The 26-year-old strike star revealed: "For the last two seasons, I have regularly played injured.

"People don't know about that. I couldn't accelerate during the four months of the Covid season.

"But Solskjaer told me he needed me, so I played.

"Given my game, if I cannot accelerate then it becomes very complicated.

"But the coach did not bother to tell the media and obviously I ended up getting injured.

"I took it very badly. I had a feeling of injustice.

Sacrifice

"You are being asked to sacrifice yourself for the team – and then you are dismissed.

"For me, it is almost treachery.

"That's what I hate. I can be blamed – but not for being fake."

Martial's attitude has been questioned regularly in the seven years since he was signed in a £36million deal from Ligue 1 side Monaco.

Mourinho was especially critical of the France star and wanted to sell him during his spell in charge after succeeding Louis van Gaal in 2016.

Martial said: "Basically, I have to display my disappointment if I miss a chance otherwise people say, 'Ah, he doesn't really care'."

"I'll tell you simply: I am a footballer, not an actor.

"I see players showing their rage so that the media and public think they are motivated.

"But the media circus does not interest me. I cannot change to please others."

In an explosive interview with France Football magazine, Martial explained how his problems started when he fell out with Mourinho over

Angry Martial

SOLSKJAER WAS TREACHEROUS

OVER PLAYING ME WHEN INJURED

& JOSE SHOWED ME NO RESPECT

the Portuguese's decision to strip him of the No.9 shirt when Romelu Lukaku signed for United in 2017.

Martial said: "During my holidays, Mourinho told me he wanted me to take the No.11 shirt, explaining it was a great number because it belonged to Ryan Giggs.

"I have great respect for Giggs, but I told him I preferred to keep the No.9.

"I scored 17 goals in my first season and had 13 assists and in the first part of the 2017-18 season I was top scorer.

"Then Mourinho bought Alexis Sanchez and I hardly played any more.

"It cost me my World Cup place. I should have been there."

Mourinho spoke about me to the press. He likes to play these games.

"If I said something it was me showing a lack of respect."

Martial, who was loaned out to

Sevilla last season, is now seen as a key performer by new Old Trafford manager Erik ten Hag.

But he has played just 45 minutes this season through injury and is struggling with an Achilles problem.

And he admitted that he must accept some of the blame.

Vicious

Martial added: "I am not beyond reproach. When people say I lack consistency, it is true.

"When I have my place, often it goes well, but when I am used less my performances are not the same.

"It is a vicious circle. I am less effective when I play less – and then I play even less."



BLAME GAME: Martial with Jose Mourinho (left) and Ole Gunnar Solskjaer

KUYT'S BACKING KLOPP TO FLY HIGH AGAIN

by Simon Mullock

FORMER Liverpool striker Dirk Kuyt believes it is only a matter of time before Jurgen Klopp gets it right again at Liverpool.

And the Dutchman has warned Ajax that Tuesday night in the Champions League is the perfect occasion for Klopp's team to prove they are not a spent force.

Liverpool are reeling after a poor start to the Premier League campaign and painful European lesson at the hands of Napoli.

But Kuyt, who became a big favourite with the Kop during his

six years on Merseyside, said: "I am confident that Klopp (below) will get Liverpool back on track. He is still searching for the right mechanism in midfield and in attack.

"That doesn't surprise me after the departure of Sadio Mane to Bayern Munich and the arrival of Benfica striker Darwin Nunez. They are two completely different types of striker.

"If the club is having a bad time, like this period, the crowd often creates an atmosphere of

invincibility. I would be very surprised if Ajax can play well against Liverpool under that intense pressure."

Kuyt (left, below), who is having a tough time himself having taken charge of ADO Den Haag in the summer, added: "At Anfield, I have seen even the greatest teams with the most-experienced top players lose the plot.

"As a Liverpool player, you're boosted by the noise. Then an energy is released and there's no stopping you." And

ahead of the showdown with the Dutch champions Kuyt said: "Liverpool have trouble with teams who play with fast attackers on the counter. I don't see Ajax adapting in that way.

"I expect an open game and because of the attacking qualities a game full of goals. I think a 3-1 or 4-2 win for Liverpool.

"Everyone now sees Paris Saint-Germain, Manchester City and Bayern Munich as the biggest contenders for the Champions League – but watch out because Liverpool will join that list of candidates. I'm convinced of that."



RED ALERT: Matip (left) with Van Dijk and Nunez

ROAD MAP TO THE TOP



M6 TO SW6

How carpool banter and a degree in emotional intelligence were the making of Blues' Golden Graham...

EXCLUSIVE

by Neil Moxley

GRAHAM POTTER'S backstory is a long one – but surely few Chelsea bosses before him could claim the M6 played a part in the making of them.

The new Blues chief took up the role this week after the sacking of Thomas Tuchel, the greatest high to date for a star that has been on an upward trajectory for a decade.

Success with Swedish minnows Ostersunds was followed by a promising start amid the wreckage of Swansea's demotion from the Premier League – potential that was quickly spotted by Brighton.

But, according to one of his pals, a 50-mile round-trip between Birmingham and Stoke may have played as big a part as any in formulating Potter's ideas.

As his friend, former Birmingham City skipper Ian Clarkson, said: "The first time I met Graham was when he was playing for Coronation Star, an Under-16s side in a league in Birmingham. I was City's captain at the time and I presented him with an end-of-season medal.

Apprentice

"And, by the way, he never stops reminding me of that.

"Eventually, he joined the club as an apprentice and we played together for a couple of years but I moved to Stoke and Potts joined me up there.

"At the time, there were a few ex-Birmingham players – myself, Simon Sturridge, Paul Peschisolido and Micky Gynn, who won the FA Cup with Coventry.

"There aren't many times that anyone can say they've enjoyed a trip up the M6 from Birmingham to Stoke and back, but there was never a dull moment in our car

share. The banter was flying around constantly and Graham more than held his own. He wouldn't have been much more than 20, but he was a funny, witty lad – nothing like you see on those post-match interviews on Match of the Day.

"I'm convinced that the divergence of personalities and motivations of the players on that journey – we were all at different stages of our careers – helped him.

"I'd be amazed if he didn't pick up on the things we said, the way we said them and the contrasting emotions we had, and formulated his own ideas," Clarkson added.

"He has a master's degree



in emotional intelligence. I think I'm right in saying he was taking a degree when he still playing.

"But one thing that's always stood out – he was never afraid to go his own way. Even when we were younger he'd say, 'If I become a manager, I wouldn't do it like that'.

"Now, I can see he was thinking about a career in management, but back then, I'm not sure I did see it.

"Did I think he would end up at an elite club like Chelsea? No.

"But then he probably didn't think I'd end up as a teacher at Derbyshire's leading prep school, either."

Ian Atkins, who coached Potter at St Andrew's and later managed him while he was on loan at Northampton Town, said: "He was a very

intelligent footballer. Sometimes, I wondered just what I could do to get a reaction from him, he was so laid back.

"I really admire the pathway he has chosen in his managerial career. He's never craved publicity, either.

"He has done it through performances and results – not about shouting how good he is from the rooftops.

Modest

"He's put in the hard yards.

"But he's also put in the groundwork at university and abroad. He has got the demeanour of a foreign coach.

"Expectation levels are different at Chelsea from Brighton. But he'll handle it, given time."

The last word has to go to Clarkson, with whom Potter still remains in touch. He added: "When he was Swansea's boss, I had a free weekend and went to see them play Rotherham.

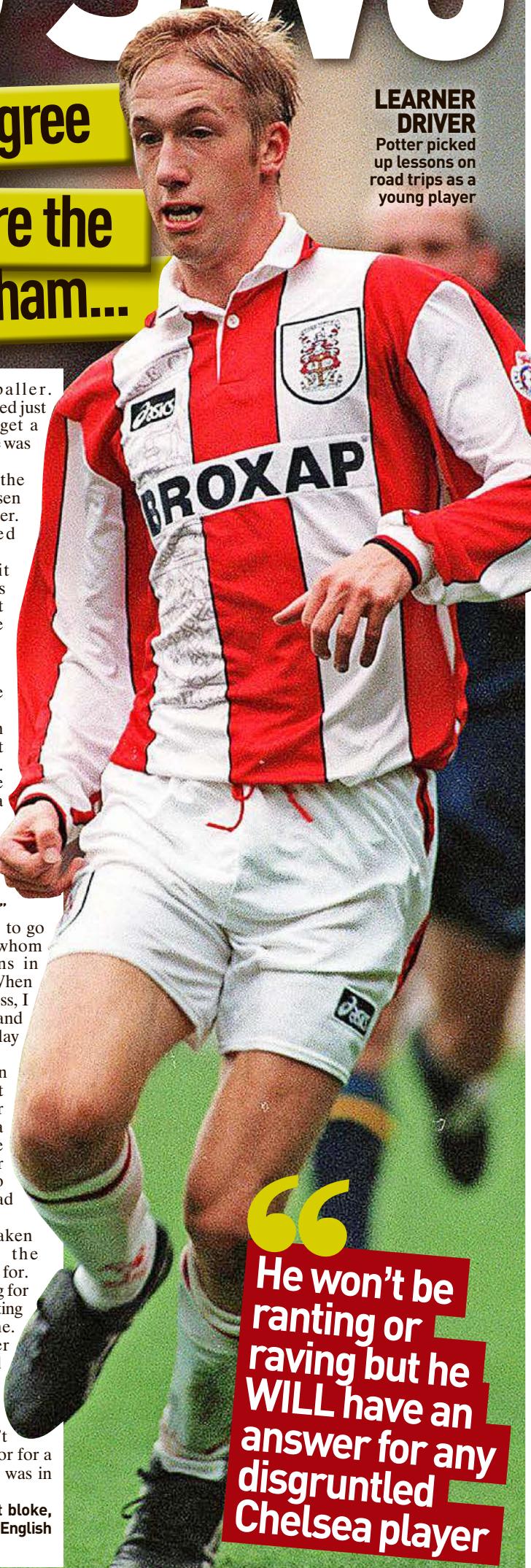
"I could tell within five minutes that it was a Graham Potter team. There was a clearly defined style and I remember thinking back to conversations we'd had back in the day.

"But he'd have taken bits from all of the managers he worked for.

"I can say one thing for sure – he won't be ranting and raving at anyone. He'll have an answer for any disgruntled player, it won't be a problem.

"There's steeliness about him. I wouldn't take that calm exterior for a sign of weakness if I was in that dressing room.

"He's just a decent bloke, and I can't see a better English coach out there."



LEARNER DRIVER

Potter picked up lessons on road trips as a young player



Marc in frame at Gulls

by Simon Mullock

BRIGHTON could turn to top Argentine coach Marcelo Gallardo to replace Chelsea-bound Graham Potter.

The high-flying Seagulls are considering an ambitious move for the River Plate boss, according to reports in South America, after Potter walked out to replace sacked Thomas Tuchel at Stamford Bridge.

The 46-year-old (above), who played against England in the infamous World Cup defeat to Argentina at the 1998 World Cup, is under contract at River Plate until December.

But he is refusing to commit himself to a longer deal after becoming the Buenos Aires club's most successful manager over the last eight years.

Spanish club Sevilla also have Gallardo in their sights with coach Julen Lopetegui coming under pressure following a poor start to the season.

Gallardo has won 14 trophies at River Plate, including two Copa Libertadores titles. He also lifted the Uruguayan Premier League during his year as Nacional coach, and Manchester City boss Pep Guardiola is a huge admirer.

River Plate face bitter rivals Boca Juniors tonight in Argentina's Superclasico derby.



Caicedo set for reward

by Tom Hopkinson

BRIGHTON are ready to discuss a new deal with midfielder Moises Caicedo after several clubs registered an interest in taking him over the summer.

Manchester United, Liverpool and Arsenal all looked at the 20-year-old Ecuadorian (above), and new Chelsea boss Graham Potter is also a big fan.

The Seagulls star isn't on big bucks in top-flight terms. So the club will now look to reward his progress with a package that will bring his wages closer into line with other first-team regulars.

Caicedo still has almost three years to run on his contract, but Brighton are keen to protect an asset worth several times the £4.5million they paid for him.



Spain takes shine to Ben

by Tom Hopkinson

A HOST of Spanish clubs are ready to make pre-contract offers to Blackburn's Ben Brereton Diaz in January.

Willarreal, Valencia, Real Sociedad and Celta Vigo are all keen to land the Chile striker, who will be available on a free transfer next summer.

The 23-year-old (above) was a target for Premier League sides Everton and Fulham during the summer but Rovers rejected offers from both.

Brereton Diaz will be eligible to talk with other clubs from January as his contract runs down and it is understood that he is open to a move to Spain.

UNDER NEW MANAGEMENT... THE DRAMA



SPITTING MAD: Declan Rice after ref Madley ruled out Cornet's goal

I am VAR from happy with refs

I WAS an advocate of VAR because we were told the percentage of correct decisions made in a game would go up.

I wanted that and, like many journalists and pundits, I was convinced it was the way forward after being invited by broadcasters and shown the technology.

We were told decisions would take 10 seconds, that they wouldn't slow the game down and, of course, all that made sense.

But how wrong I was.

Not only are we getting wrong decisions, we're getting big decisions wrong – and players can't even celebrate worldies these days, which is the fabric of the game.

Referee Andy Madley disallowing Maxwel Cornet's goal for West Ham against Chelsea last week was embarrassing and further proof that good officials know what's right in real time, but are winging it and relying on VAR.

The problems began when the rulebook started to be used as a diktat rather than a guide.

We should get rid of everything bar goaline technology and give refs leeway to use their brains and interpret the rules how they see fit.

If we do that, we will get our game back.

Qatar is a huge break for Forest

THE five weeks of the World Cup will be massive for Steve Cooper and Nottingham Forest.

And they have to use that international break and the one at the end of this month as pre-seasons – by that, I mean two sessions a day, shape, drills and more drills.

If they do that and Cooper (below) can emerge with a vision of, 'This is my starting XI, I might not have bought the best players, but we're going to be the best team', then they'll have a chance of staying up.

That's because there will be two-thirds of the season to go and other teams will have players coming back from Qatar tired or injured.

If they don't, they will be in danger of going down, and having 22 players looking to move would be a huge cause for concern for a club I care about.



■ Stan was talking to TOM HOPKINSON

It's amateur hour! first bad call

IN the last few days, Todd Boehly delivered the first amateur moment of his Chelsea reign.

And what the sacking of Thomas Tuchel shows is that Boehly and his co-owners are very much learning about football on their feet.

Would they have discussed binning the German in an audit in recent months?

Yes, of course, they would.

And once they'd done that, they needed either to get behind him, open the cheque book and give him a season to work with those they have brought in come what may.

Or they needed to buy him a striker and maybe a couple of defenders to plug the gaps of those who were leaving in the summer, but largely hold off on the spend.

Instead of making a decision and sticking with it, though, Boehly has found some sort of halfway house.

And not only has that made the events of the past few days look less than professional, they have made the players look like the classic Chelsea dressing room of Didier Drogba, John Terry, Frank Lampard and Petr Cech in terms of player power – but without the ability that lot possessed.

Panicked

I know the decision has been longer in the making than a few days, but it still looks as if Chelsea have panicked after Arsenal's good start and Manchester United's upturn in form.

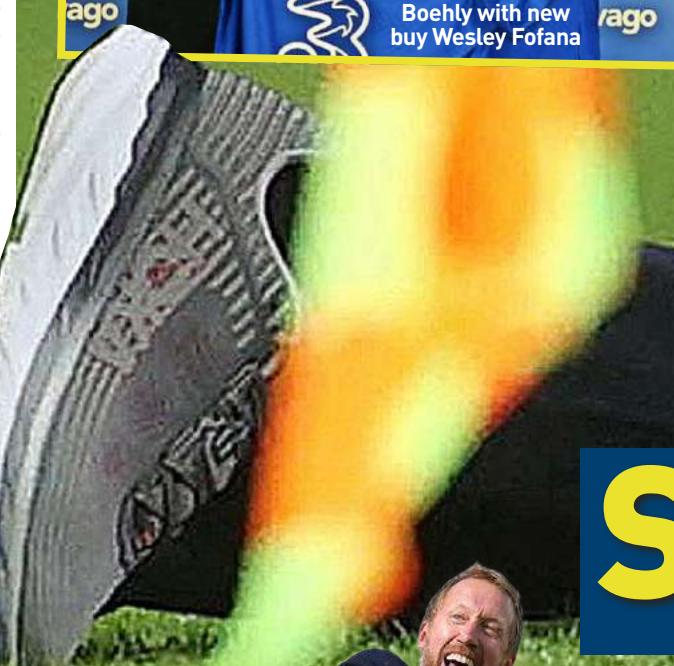
We all know Manchester City and Liverpool are locked in to the top four, and we can see Tottenham are looking good under Antonio Conte and that Mikel Arteta has started well at the Emirates.

So, at the start of the season it was a case of, 'Ah, Arsenal and United were miles off us last season, we have a bit of wriggle room for Tuchel and the players' – and then, all of a sudden, that has disappeared and they have had a massive panic.

Now, regular readers will know I'm a huge fan of Graham Potter and I have no doubts whatsoever that he will do the business on the training



ALL GOING WES: Boehly with new buy Wesley Fofana



STAN



personality and I'm not sure he has that yet, so I'm hoping he doesn't get swallowed up very quickly.

As for Tuchel, the question is, "What's next?". He came into Chelsea, got them to keep clean sheets and quickly took them to the Champions League and Club World Cup titles.

For a while, he was the best thing since sliced bread. But there's no doubt the Romelu Lukaku situation will have damaged him at Stamford Bridge.

Trophies

It made new owners question why the club had spent just shy of £100million on a player the manager couldn't then get the best out of.

If you're acknowledging Tuchel's trophies, you have to acknowledge that episode as well and also the guy who didn't do as well as he might have

ground and make each and every player at Chelsea better. I am also delighted to see an Englishman – and especially someone from my neck of the woods – getting a big Premier League job.

But, at Chelsea, you have to have a huge

NEW BOSS: Potter's at the Bridge

COLLY WOBBLER

THE most startling aspect of Liverpool's 4-1 defeat to Napoli in the Champions League was the lack of tempo, competition decide whether to spend £200million to £300m now or take the risk of putting their faith in the very good young talent they

CONTINUES AT STAMFORD BRIDGE

Axing of Tuchel is by Boehly



COLLYMORE

Football's ultimate maverick sounds off

done at Paris Saint-Germain. He's obviously somewhere in between either end of that spectrum – and that's why I don't see him automatically getting one of the big European jobs anytime soon.

Maybe in Italy, a Juventus or one of the Milan clubs might be looking to make a change during the World Cup and they will be interested.

But he can't hang around too long for fear of becoming yesterday's man and I wonder if his most likely destination will be one of our B+

clubs, such as Newcastle, West Ham or Aston Villa. Eddie Howe, David Moyes and Steven Gerrard could well be the ones looking over their shoulders and their clubs could afford to pay Tuchel £8m-£10m a year.

Boxes

The fact they could all offer a long-term project as well might tick boxes for him because the pressure wouldn't be what it has been at Chelsea.

Time will tell, but don't be surprised if we see him again sometime soon.



A good run would be a big relief, to be Frank

IT used to be the early rounds of the League Cup for me, but good performances in derbies can set off your season, too.

So the fact Everton showed they were combative enough and strong enough, both physically and mentally, to go toe-to-toe with Liverpool is a good platform for them.

If the Blues can maintain the same level of competitiveness between now and May as they showed in that entertaining 0-0 draw, then all Evertonians and manager Frank Lampard (left) will be satisfied.

and drive – all the elements of rock 'n' roll football that we've known for the last few years. The performance further rammed home the fact FSG must now have. My fear is that, if it's the latter, they will soon get overtaken by those just behind them now and all the good work of the last six years will be undone.



WORRIES: Investor Lopez

New fear on Brum takeover

EXCLUSIVE

by Neil Moxley

BIRMINGHAM CITY'S proposed takeover is hanging in the balance.

Businessman Paul Richardson and former Argentine and Torino striker Maxi Lopez announced themselves as the new owners seven weeks ago.

The duo confirmed they had exchanged contracts, paid a deposit and had finance in place to complete the purchase from current owners Birmingham Sports' Holdings Ltd.

That position was boosted following a club statement late last week – but time is now running short on a exclusivity clause which would allow the club's owners to speak to any rival investors from next week.

Doubts

Richardson and Lopez insisted last week that they were in discussions with the English Football League in an attempt to progress their purchase.

But despite an EFL board meeting this week at which the situation was on the agenda there is zero chance of the deal being approved before mid-September.

EFL chief executive Trevor Birch confirmed last month that he 'hadn't had all the details to even consider it' – and it is understood that the situation is little advanced from that.

IT'S TUCH AND... GO!
Tuchel did not have what it took as far as Boehly saw

Doubts have surfaced that Richardson and Lopez had the necessary funding to do the deal from day one.

The pair have been allowed freedom of the stadium and the club's training base at Wast Hills while also being pictured with new signings as they continue in their attempts to secure the vital backing required.

An employee at one specialist finance house that deals regularly with football clubs said: "They wanted to borrow £15million with St Andrew's as security. The stadium also needs a serious amount spent on repairs.

"We didn't want to know." Birmingham have refused to comment on suggestions that the pair were bankrolling the continuing monthly losses of £1.5m.



HONOURED: Zola

Zola: My surprise at Queen

by Simon Mullock

CHELSEA legend Gianfranco Zola has revealed how he was left stunned when the Queen called him, "The great Italian footballer".

Zola, 56, took to social media following the monarch's death on Thursday to recall a meeting with her and Prince Philip at the British Embassy in Rome in November 2004.

Zola said: "When I was introduced to her she told me, 'The great Italian footballer'. I was over the moon. I did not expect such recognition."

"I have an indelible memory of the meeting and her sublime bearing.

"She was a splendid lady, never banal, always informed on any subject.

"She whispered, but caught you with her eyes. She had unique grace and an unrivalled elegance.

"I have been asked what her main characteristic was. For me, it was just her movement. I spent seven years with Chelsea and I immediately understood the extraordinary magnetism the Queen has with her subjects."

Zola, later awarded an OBE for services to English football, still keeps a photo of the meeting above the fireplace at his London home.

The scroll of honour for his OBE describes him as 'the most enduring foreign player in the history of Chelsea, an excellent football ambassador and the ideal model for young fans'.

Zola joined Chelsea from Parma in 1996 having spent the early part of his career as understudy to Diego Maradona at Napoli.

He became an instant hero at Stamford Bridge, helping the Blues win two FA Cups, the League Cup, European Cup Winners' Cup and European Super Cup.

But his class won him admirers wherever he played – and in 1997 he was named Footballer of the Year by the FWA.

He was later assistant to Maurizio Sarri at the Bridge before Frank Lampard took over as head coach in July 2019.

A NATION IN MOURNING

A TEAM UNITED

Stokes leads his side as they sing the National Anthem



WORLD OF RESPECT

from **GARY FITZGERALD**
at the Kia Oval

ENGLISH cricket paid an emotional and moving tribute to the late Elizabeth II as international sport resumed in this country on a tear-filled, historic day in London.

As Charles III was being proclaimed the new King, thus confirming the end of the Elizabethan era, just a few miles from where Jimmy Anderson was preparing to run in to bowl in the Third Test, a full and sombre crowd at The Oval was able to display their grief at the loss of their Queen.

A mournful atmosphere enveloped this famous old ground as thousands came to see the third day of the contest against South Africa – but more pointedly pay

their respects to someone who had reigned supreme for 70 years.

England and South Africa players and umpires (far right) donned black armbands and attempted to show that cricket life was carrying on as normal in the long history of a sport which had such strong connections with the Queen during her longevity on the throne.

Incredibly, she had been around long enough to witness three quarters of all the Tests ever played.

While football shut down, cricket was among the sports that resumed – but it was certainly no ordinary day.

GOLF: Ryder Cup captain Luke Donald at Wentworth

And those competing out in the middle knew they would be merely a side show in the great scheme of things.

The priority was to honour Elizabeth II – a regular visitor here over the decades – the best way they could.

It proved to be a real day of powerful emotion and sentiment with Surrey encouraging people to take their seats early while also ditching the fancy dress and restricting them to two drinks each just for good measure.

Respects were paid at other sporting events with Ryder Cup captain Luke Donald taking part in a two-minute silence at the BMW PGA Championship at Wentworth.

New ECB chairman Richard Thompson defended the decision to recommend the Test

while football bosses postponed all their fixtures for the weekend. He insisted: "It has been a frantic few hours. We instinctively felt it was inappropriate to play on the Friday so soon after her death and then again discussed whether we should play on the Saturday, but DCMS and Sport England were very supportive and said if you want to play then play."

Unanimous

"It was unanimous, including from the players, that this game should go ahead."

Captain Ben Stokes and his players wanted the opportunity to show their respect and took part in a guard of honour with South Africa, umpires and members of the military before observing a minute's silence, which was accompanied by a poignant single chime sounding from a bell struck by Irish Guards NCO Robert



Queen Elizabeth II 1926-2022



Stokes' England lead the tributes as sport salutes, honours and remembers incredible life of Her Majesty

Brockelsby. Tears welled up in some spectators' eyes as soprano Laura Wright first sang the South African anthem, and then delivered an emotional performance of God Save The King, England cricketers becoming the first national side to do so in the new reign.

England pace bowler Stuart Broad said: "To walk down those steps, every single player commented on how special it was – you could hear a pin drop.

"The respect shown by everyone in the stadium was incredible. To then be able to sing the national anthem in front of a full house as you are about to represent your country was brilliant."



out there to represent the badge like we did."

A picture of the Queen filled the giant screen during lunch and tea breaks on the land owned by the Duchy of Cornwall.

On the field, the crowd witnessed another crazy, frantic day of summer Test action with 17 wickets falling as the game moved forward rapidly.

After making up for lost time bowling out South Africa for 118, England capitulated themselves to 154-7 when bad light forced an early close, a lead of 36 runs.

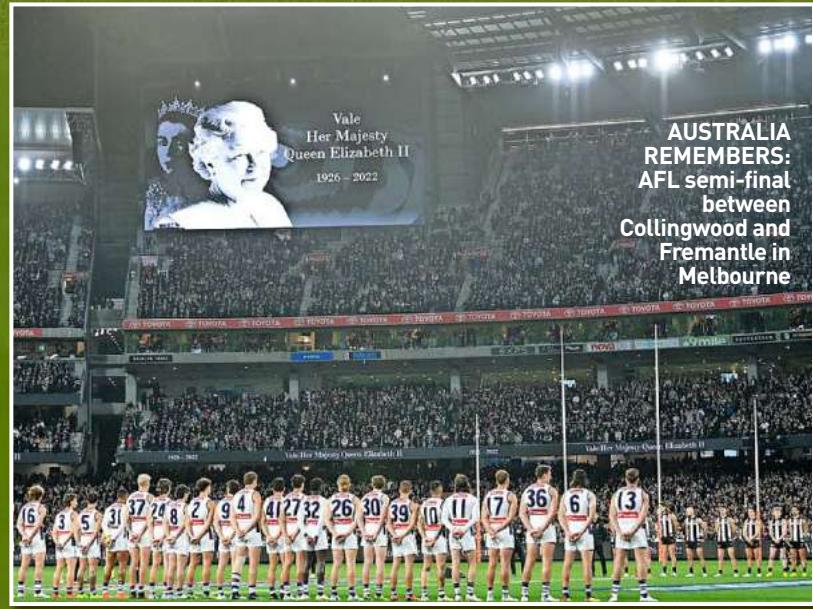
Ollie Robinson (5-49) and Stuart Broad (4-41) were the standout England bowlers as the Proteas collapsed to 36-6 at one stage. Ollie Pope struck an impressive 67 but, when Joe Root fell for 23, England lost five wickets for 67 runs.



NATIONAL ANTHEM: Cricket fans at The Oval sang God Save The King



RUGBY RESPECT: Huddersfield's Super League game against Salford



FORMULA ONE: Williams team ahead of Italian Grand Prix qualifying

Songs of praise...

From Back Page

that football is not taking place this weekend, therefore missing the opportunity to pay its respects."

England and South Africa players and umpires, all wearing black armbands, entered the field through a military guard of honour.

In a sombre mood and atmosphere in London, God Save the King filled the air and Irish Guards' NCO Robert Brockelsby Miller chimed the bell as Stokes' men belted out the national anthem after the minute's silence.

A sustained applause followed and only ended when James Anderson delivered the first ball of the match on the third day.

No play was possible on Thursday because of rain before day two was called off as a mark of respect.

Stokes added: "I wasn't personally involved in discussions whether the game should resume today, that's a bit above my level. But sport brings people together and it is something everybody enjoys."

Both teams then took the field as just a few miles away at St James's Palace, Charles III was proclaimed King.

Prem set to restart

From Back Page

Napoli at Ibrox and Spurs travel to Sporting Lisbon.

There has yet to be any clarification from UEFA if there will be a minute's silence before kick-off.

Thirty games in the EFL will also be played on Tuesday evening – with every club paying tribute to Queen Elizabeth II before kick-off.

The authorities expect all supporters to behave in a respectful and dignified manner to capture the mood of a nation in mourning.

Planning for pre-match press conferences on Monday is going forward as usual.

Chelsea, Celtic, Manchester City, Arsenal, Hearts, Manchester United and West Ham are also in European action in midweek.

The Premier League will return on Friday night when Aston Villa entertain Southampton and Nottingham Forest take on Fulham at the City Ground.

There are also games scheduled in Wales and Northern Ireland.



LINEKER



By SIMON MULLOCK

PREMIER LEAGUE clubs are preparing to return to action this week after cancelling the weekend schedule as a mark of respect to The Queen.

League chiefs are still to send official confirmation to clubs, but the expectation is that games will go ahead as scheduled from Tuesday.

Liverpool, Tottenham and Rangers will signal the sport's

resumption following Her Majesty's death by playing in the Champions League that night. Liverpool face Ajax at Anfield, Rangers host

Turn to Page 63

Martial lets rip at 'no respect' Mourinho and 'treacherous' Ole United shocker: Page 58



WORLD PAYS TRIBUTE TO QUEEN ELIZABETH II

THANK YOU, MA'AM

RESPECTS

England's cricketers during the two-minute silence for The Queen at The Oval



Stokes 'honoured to be part of a special

day' as Lineker admits: Football missed a chance to show respect

By GARY FITZGERALD

BEN STOKES was thankful he and his England team-mates were able to walk out and honour the memory of The Queen at The Oval.

While football shut down, skipper Stokes was "pleased" cricket was allowed to resume following the death of Her Majesty Queen Elizabeth II.

Stokes (left) said: "We know how much The Queen loved the sport and I was pleased the

should carry on today. It's great knowing that we're going to be playing this game, not just for us but in The Queen's memory.

"It's always special to stand on the ground singing the national anthem, but this was extra special. "It has been an incredibly sad

couple of days, not just for the nation, but for the world."

Gary Lineker claimed football had "missed an opportunity" to show respect. He said: "Given the wonderful and moving scenes at The Oval, it feels a real shame

Turn to Page 63



A life in
pictures

Queen Elizabeth II
1926 - 2022

QUEEN ELIZABETH II

BABY LOVE:
Princess
Elizabeth



FAMILY
PORTRAIT:
With her
parents
in 1926



MOTHER LOVE:
In 1931 with
her mother,
then the
Duchess
of York



ONE'S
NEARLY
ONE: In
1927 just
before
her first
birthday



SISTER ACT:
In 1932 with
baby Margaret



HAPPY:
The two
princesses



GAZE:
Aged 6



SMILES: With
grandparents
King George V
and Queen Mary
in 1932



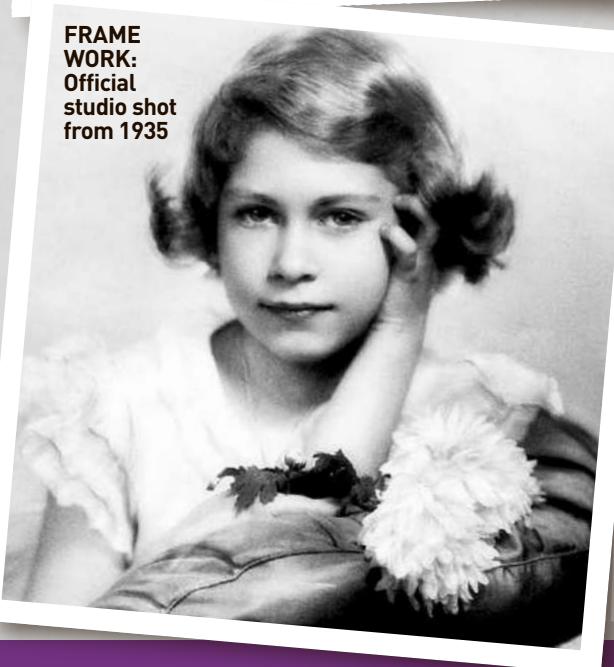
DADDY'S
GIRL: With
her father
the Duke of
York in 1929



GIRL GUIDES:
With sister
Margaret
in 1938



FRAME
WORK:
Official
studio shot
from 1935

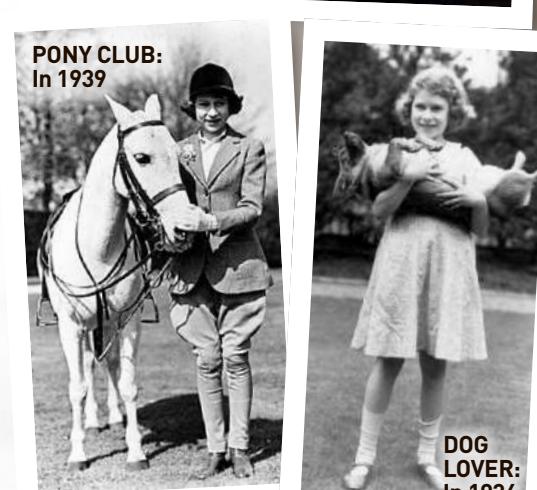


GRAN DAY OUT: With Queen Mary in 1927

**LITTLE
PRINCESS**
Elizabeth in
1928, aged 2



Growing up a Princess



QUEEN ELIZABETH II

SUNDAY PEOPLE * SEPTEMBER 11, 2022



1926 - 2022



Falling in
Love



QUEEN ELIZABETH II



RETURNING AS QUEEN: Back from Kenya



GRIEF: Queen Mary & the Queen Mother



CORONATION DAY:
Clockwise from top;
The Gold State Coach,
the Queen Mother with
Princess Margaret and
a bored Prince Charles,
inside Westminster
Abbey, and on the
balcony at Buckingham
Palace with Prince
Philip



GRACIOUS
QUEEN: In
the Gold
State Coach



LYING IN STATE: King George VI



PROCESSION: Crowds in London

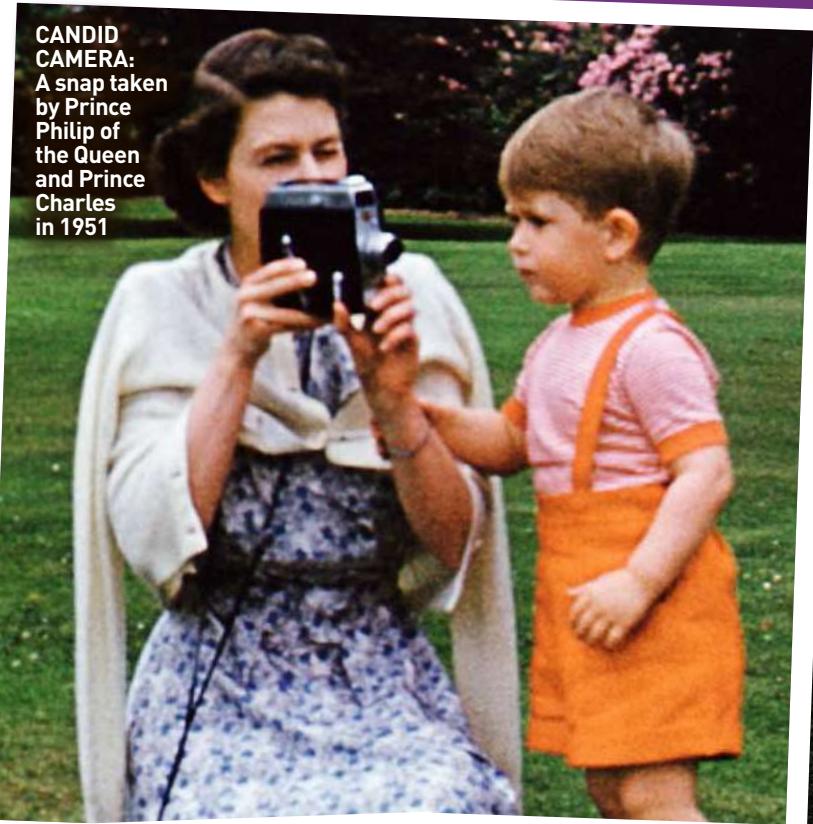


Becoming our
Queen



MAJESTY: In coronation robes, with the orb and sceptre, key symbols of the monarch's power

QUEEN ELIZABETH II

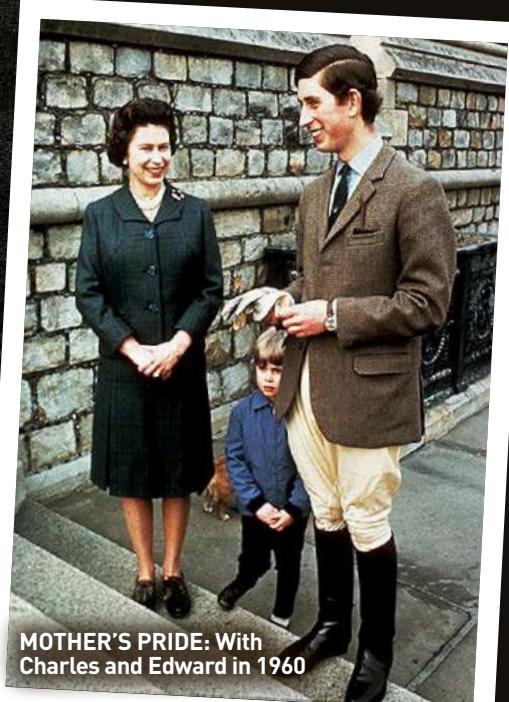


Mummy dearest





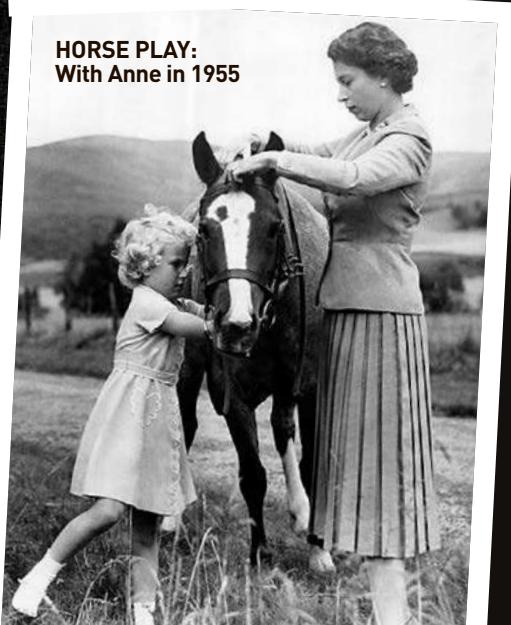
**NATIONAL
PORTRAIT:**
Official photo
of Princess
Anne's
christening
in 1950



MOTHER'S PRIDE:
With Charles and Edward in 1960



STORY TIME:
With Anne in 1957



HORSE PLAY:
With Anne in 1955



CHILD'S PLAY:
With Charles at
Balmoral in 1952

QUEEN ELIZABETH II

SUNDAY PEOPLE * SEPTEMBER 11, 2022

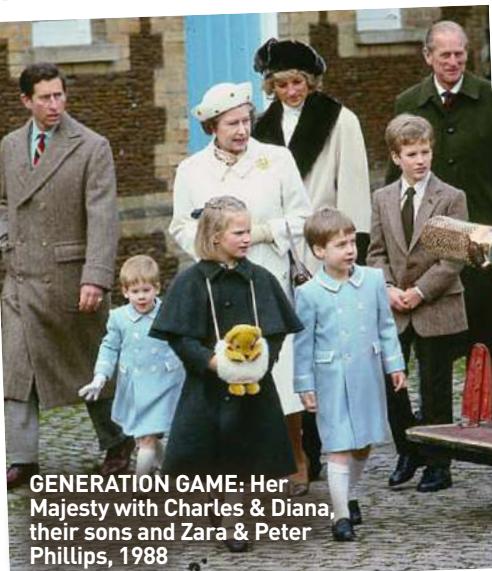


GRANDKIDS:
William & Harry
next to Queen with
Peter Phillips
(behind) & Zara
Phillips in 1987

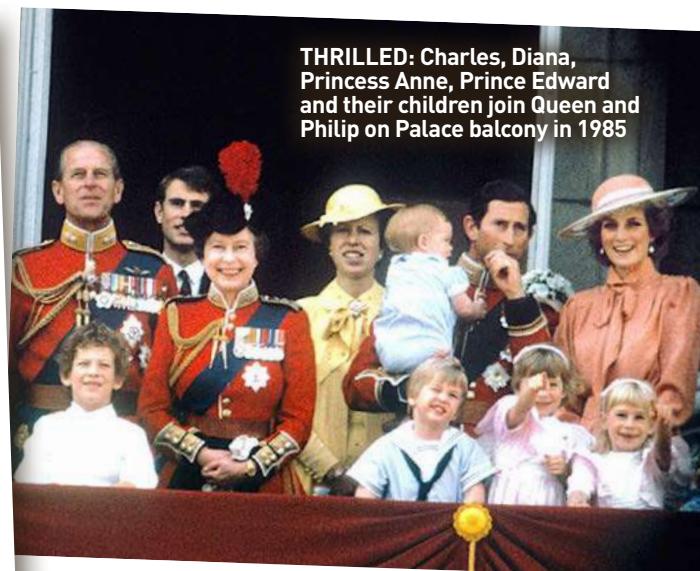


LIMO SCENE:
Princesses Eugenie
(left) and Beatrice at
Balmoral in 1998

Our beloved Gan Gan



GENERATION GAME: Her
Majesty with Charles & Diana,
their sons and Zara & Peter
Phillips, 1988



THRILLED: Charles, Diana,
Princess Anne, Prince Edward
and their children join Queen and
Philip on Palace balcony in 1985

1926 - 2022



QUEEN ELIZABETH II

GILTY PLEASURE:
The Queen was
never one to shy
away from bold
brights or gold



1926 - 2022



MATCH OF THE DAY: The Queen loved colour blocking

Colours of the rainbow

GREEN GODDESS: Embracing green over the years including rare snaps wearing trousers



QUEEN ELIZABETH II

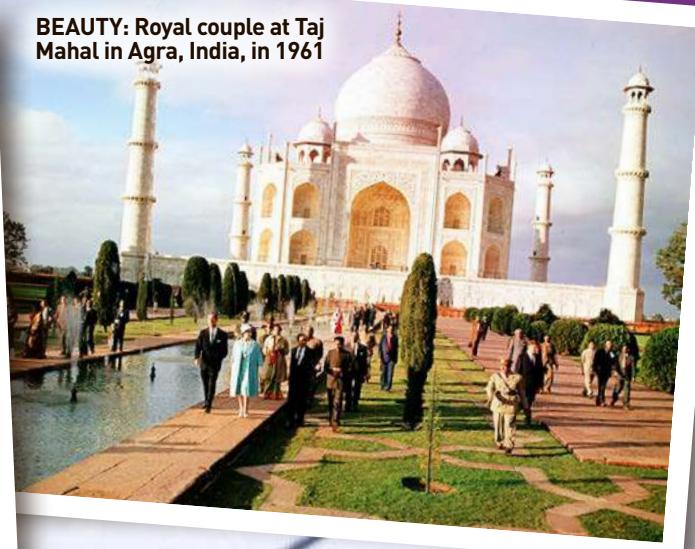
SMILES: Meeting kids at Berlin's Brandenburg Gate in Germany, 1992



TENDER: Surrounded by children in Beijing, China in 1986



BEAUTY: Royal couple at Taj Mahal in Agra, India, in 1961



RULING THE WAVES: Visiting Funafuti, Tuvalu, in 1982



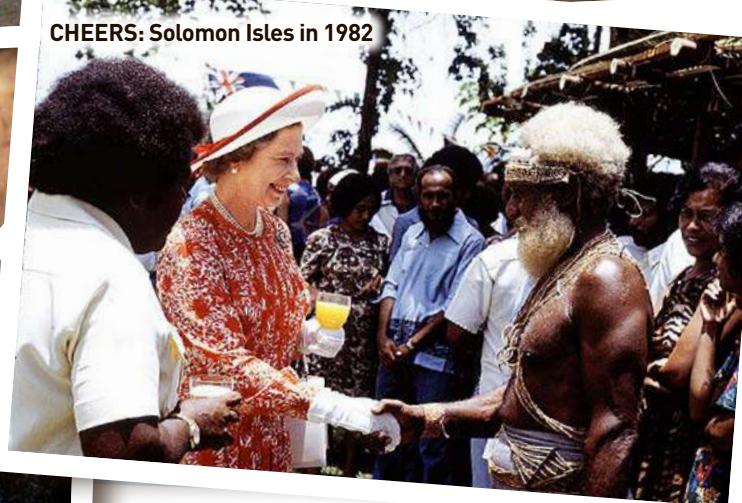
FACE TO FACE: Terracotta Army in China in 1986



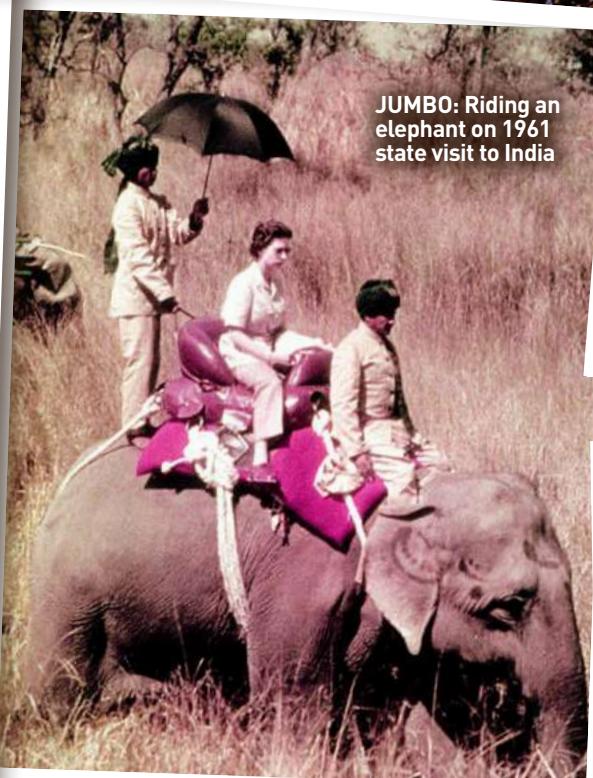
SMOOTH RIDE: With Prince Philip in 1966 in Bridgetown, Barbados



CHEERS: Solomon Isles in 1982



JUMBO: Riding an elephant on 1961 state visit to India



GOLD: Amritsar, India, 1997



SHELTER: At Sri Lanka's Peradeniya Gardens in 1981



CHAT: Chief Staats in Canada, 1984

The call of duty



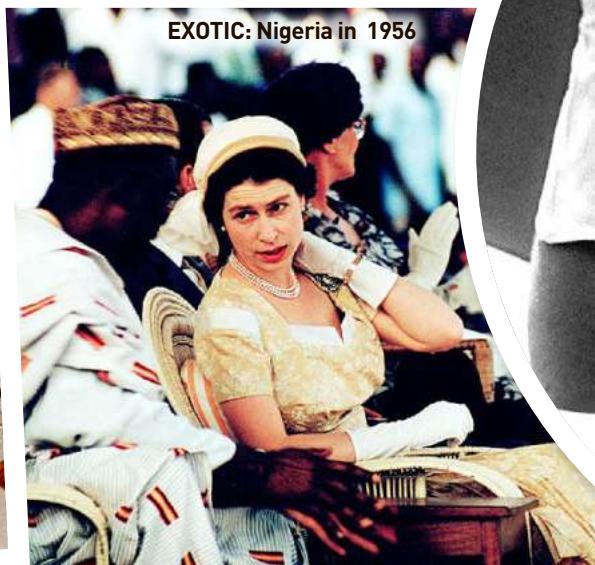
SPECTACLE: In Nairobi, Kenya, in 1983



JOLLY BROLLY: Under a big umbrella at an event in Ghana in 1961



YUM: State banquet in Japan in 1975

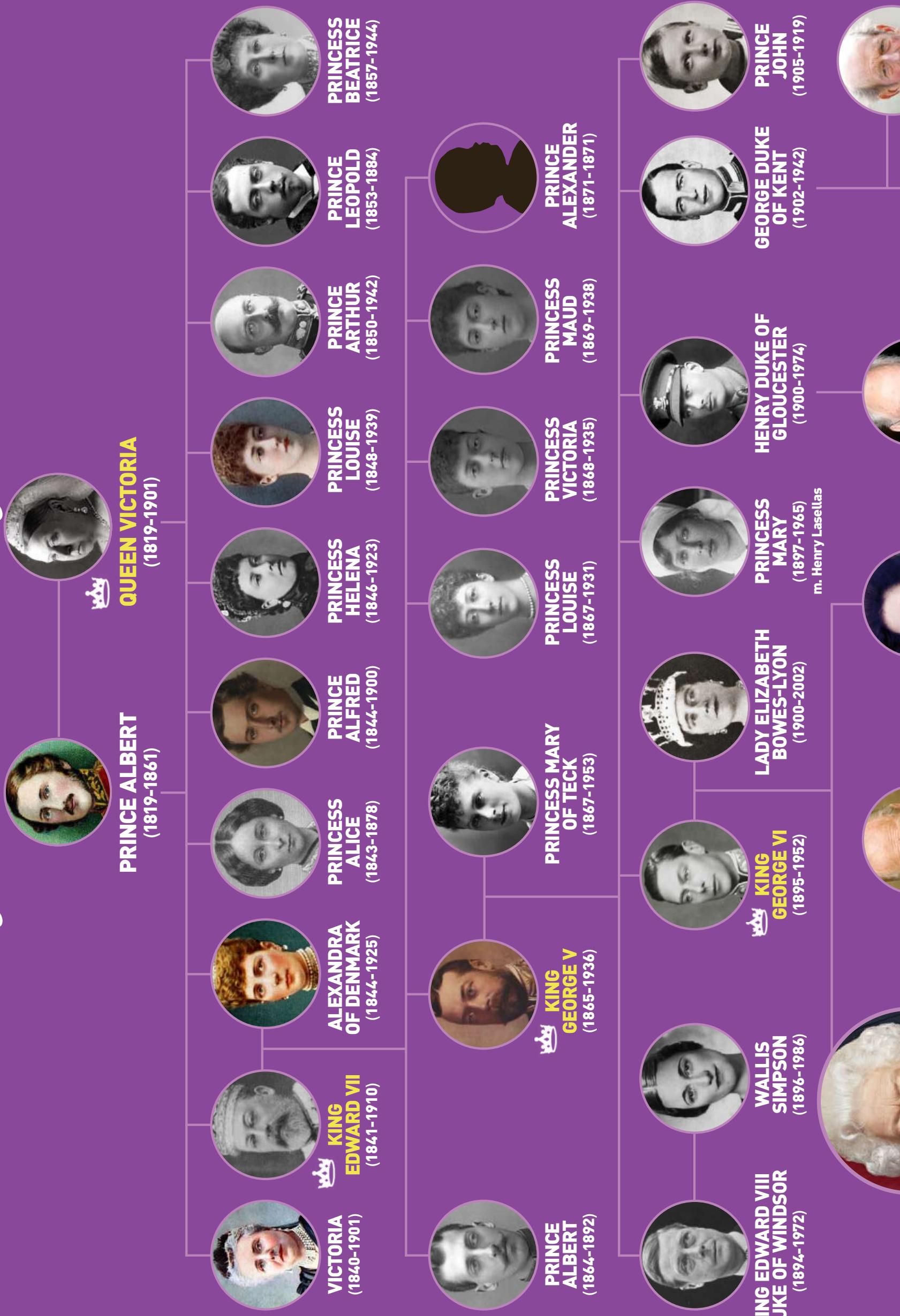


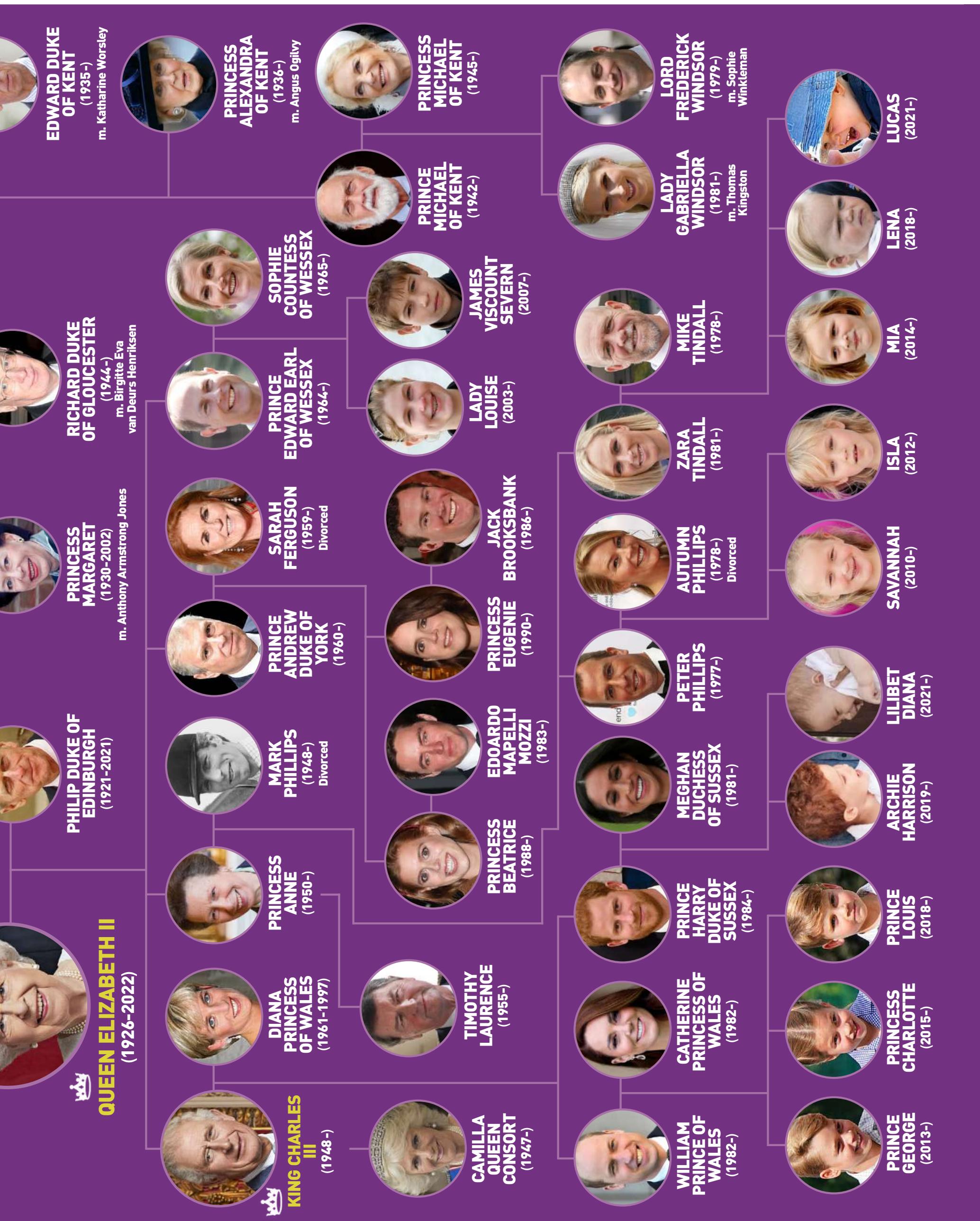
EXOTIC: Nigeria in 1956



REGAL: In New Zealand in 1954

Royal Family Tree





QUEEN ELIZABETH II

SUNDAY PEOPLE * SEPTEMBER 11, 2022

ON THE GROUND:
Queen surveys the
damage alongside
firefighters



GREAT FIRE OF WINDSOR: Flames engulf
Windsor Castle in 1992, raging for 12 hours
and causing £36.5million of damage



1926 - 2022

SHORT MARRIAGE: Andrew and Sarah Ferguson announced their separation in 1992 after six years

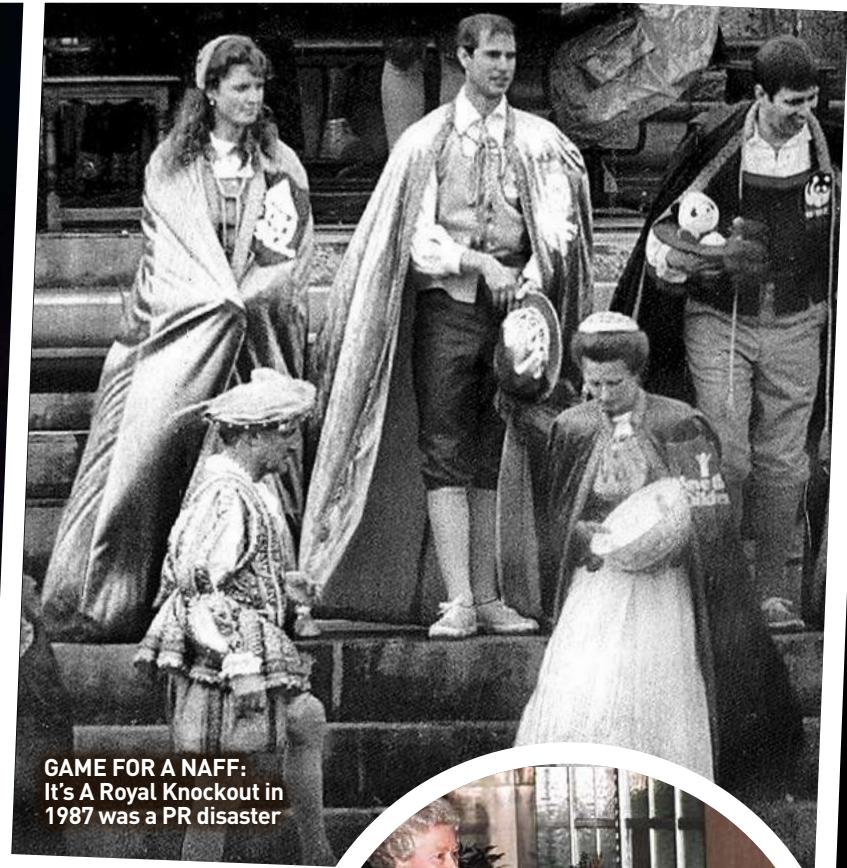


SEPARATE WAYS: Charles and Diana before sharing details of divorce

BOMBSHELL: Diana talks to Martin Bashir



BURDEN: The Queen making her 'annus horribilis' speech in 1992



GAME FOR A NAFF: It's A Royal Knockout in 1987 was a PR disaster



TENSE: With ex-PM Margaret Thatcher in 1995, with whom she was said to have had an awkward relationship

Darkest days

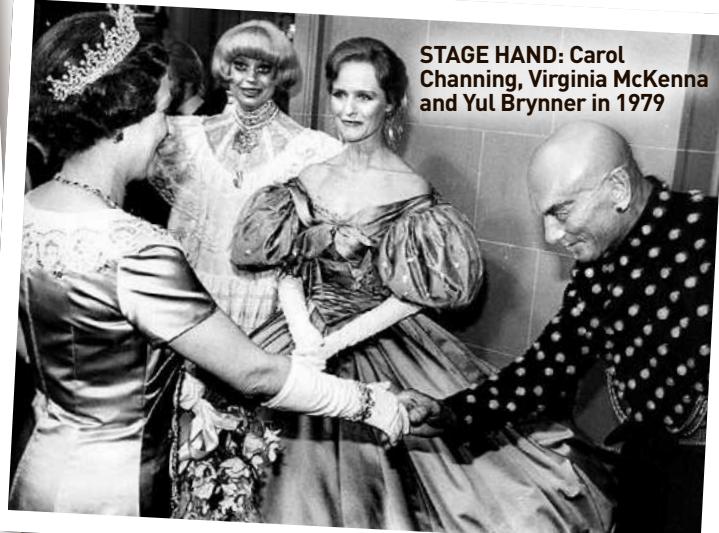
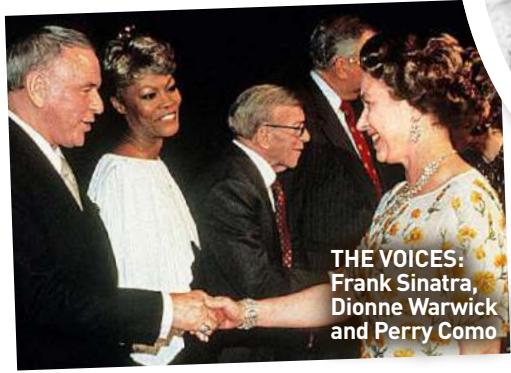
QUEEN ELIZABETH II

0-10





QUEEN ELIZABETH II





GIRL POWER:
Meeting the Spice
Girls in 1997

Top of the A-list



ROCK OF AGES: With
Ozzy Osbourne – and
Kermit – in 2006



MA'AM MEETS
MOGUL: Simon
Cowell in 2007



HER LADYSHIP:
Bow from Lady
Gaga in 2009

QUEEN ELIZABETH II

1981: Diana and Charles



1973: Anne and Mark Phillips



1986: Andrew and Fergie



2020: Beatrice and Edoardo Mapelli Mozzi



2008: Peter Phillips and Autumn Kelly



1999: Sophie and Edward

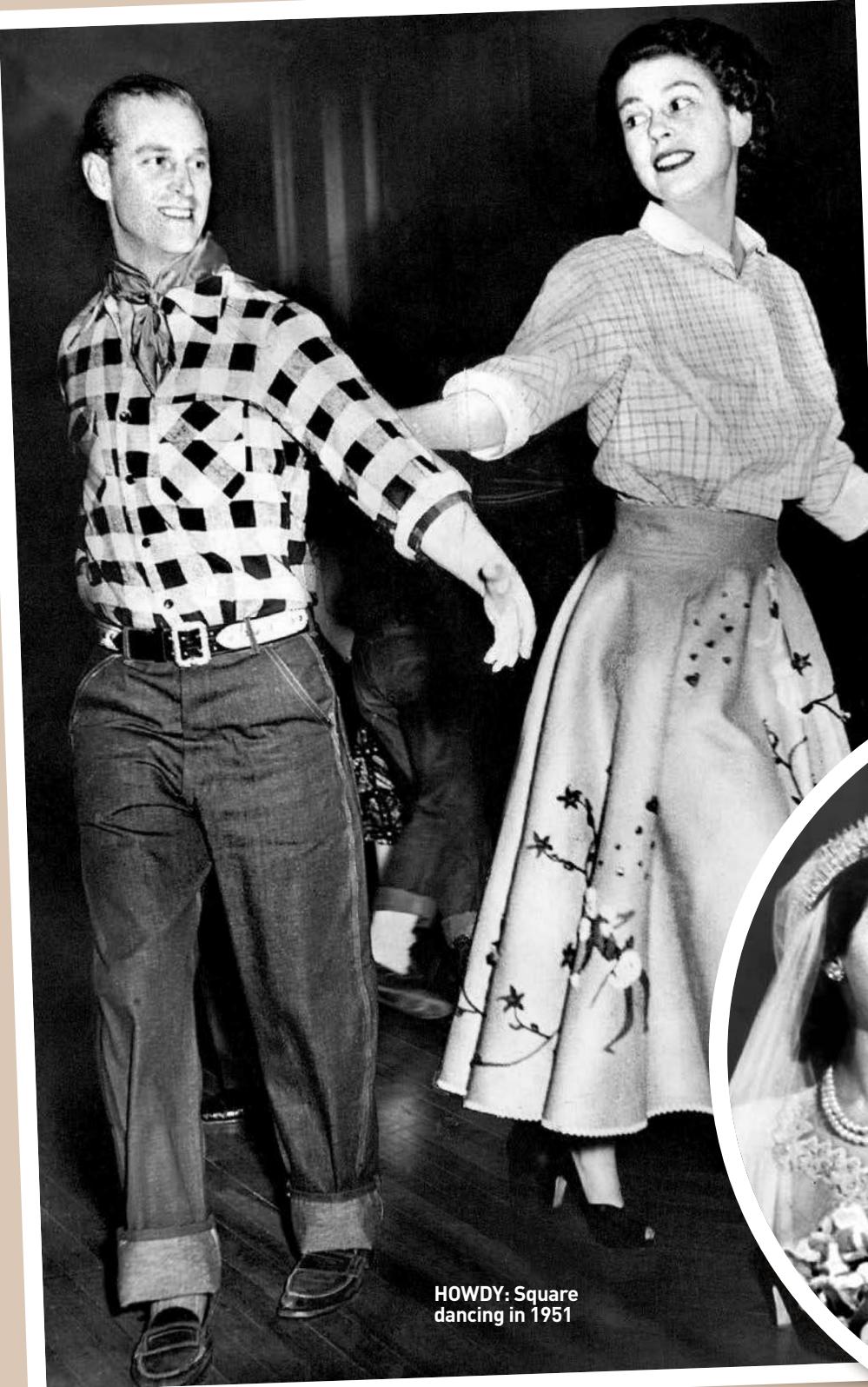


1926 - 2022



The royal we do

QUEEN ELIZABETH II



*The Love
of her life*



QUEEN ELIZABETH II





DOUBLE ACT: With France's Jacques Chirac and PM Tony Blair in 2005



RESPECTS: Meeting Tory PM Sir Anthony Eden in 1956



SOCIAL: With Alec Douglas-Home and Lady Home in 1964



SMILES: Chatting to James Callaghan, 1966



LIVING LEGEND: Chatting to Winston Churchill with children Charles and Anne in 1954



THE SPECIAL RELATIONSHIP: With Edward Heath and Richard Nixon and his wife at Chequers in 1970



PONTIFF: With Pope John Paul II in 1982



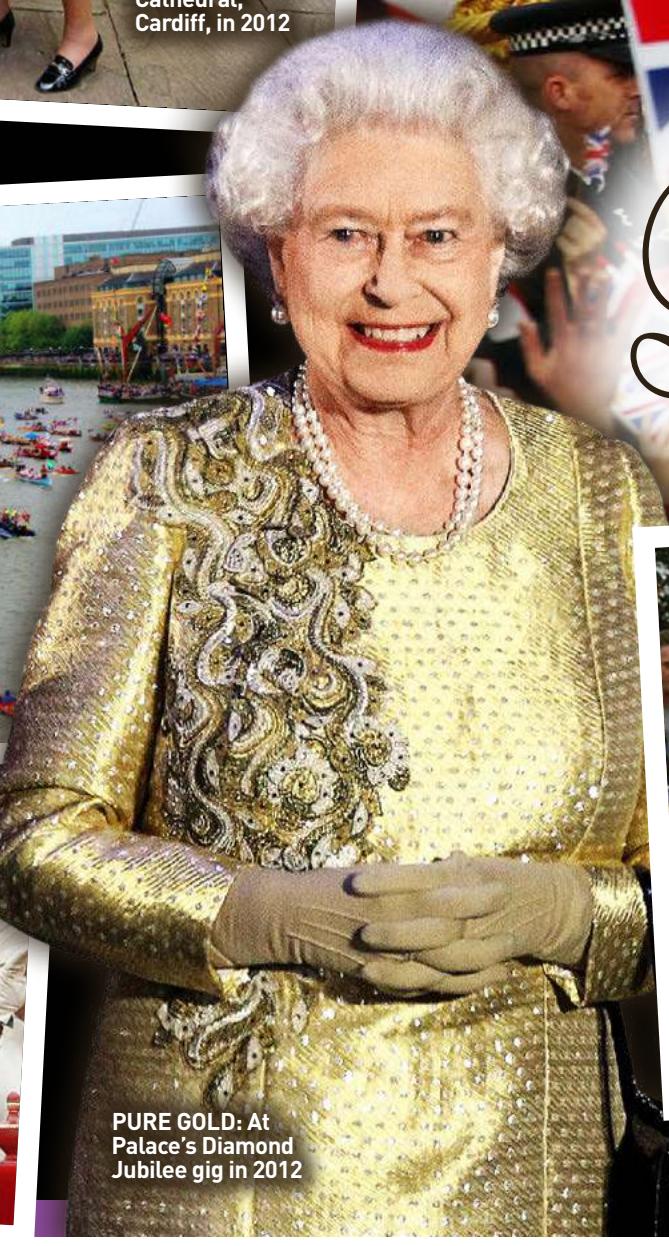
STATE OCCASION: Hosting Emperor Akihito and Empress Michiko of Japan in 2007



MAN OF NOTE: At the opera with Edward Heath in 1973

World leaders
at her feet

QUEEN ELIZABETH II





1926 - 2022





LOVE SUNDAY

SUNDAY PEOPLE
11 SEPTEMBER 2022

TRUE CRIME

Depraved professor enlisted a stranger to help kill his lover

BEG TO DISAGREE

Five arguments every couple ought to have



Fatima Whitbread

‘Reality TV has been good for me’

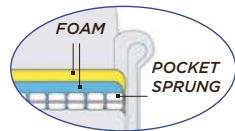
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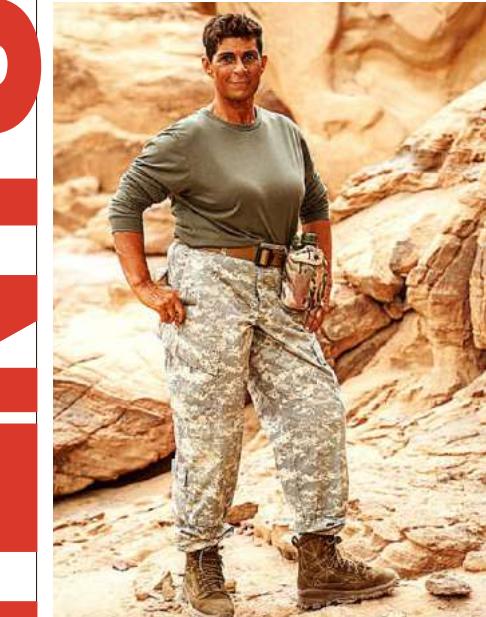
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P4 COVER STAR

Athlete Fatima Whitbread was inspired by the 1980 Olympics. "There was no fallback plan," she said of choosing a career in sport.



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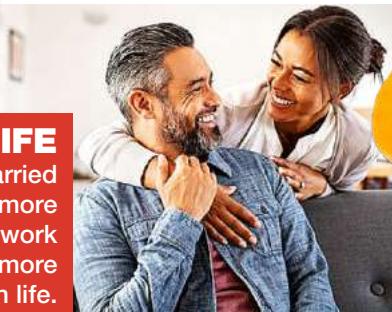
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SELLING SUNSET

WORDS: KIRSTEN JONES COVER PHOTO: GETTY THIS PAGE: GETTY, REXSHUTTERSTOCK

There's no better way to wind down at the end of the day than to watch the sun go down. Something magical happens as the evening sky is painted with streaks of orange and purple, before slowly fading into inky darkness.

Every sunset is spectacular, but these nine locations have been voted the best spots to enjoy the view in the UK. See you there!



- 1 Land's End, Cornwall
- 2 Tenby, Pembrokeshire
- 3 Sandbanks, Dorset
- 4 i360, Brighton



- 5 Primrose Hill, London
- 6 Arthur's Seat, Edinburgh
- 7 Exmouth, Devon

- 8 Clifton Suspension Bridge, Bristol
- 9 Kirkstone Pass, Lake District, Cumbria

STUDY BY LEASECAR.UK

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'I wanted to show an older person can still thrive'

Former athlete **Fatima Whitbread** on tackling SAS: *Who Dares Wins* in her sixties and why being a good mother is so important to her

At 61, Fatima Whitbread is twice the age of some of her fellow recruits on Channel 4's *Celebrity SAS: Who Dares Wins* – and she is relishing the chance to change the opinion of anyone who expected her to struggle.

"I want to prove this old biddy's still got it," she said as she took up the challenge.

And it didn't take long. Before the first show was over, the former world title-holding javelin thrower had been declared "a legend" by tough instructor Rudy Reyes.

As Fatima talks to us about the series, it's clear she's proud of her achievements and the role she took in the group, which included *EastEnders* star Maisie Smith, footballer Ashley Cain and reality star Calum Best.

"I wanted to do this show because it was a great opportunity to check in on myself and see where I was in my life," she says.

"But it was one of the toughest processes I've been through, as well as the biggest challenge. I loved every minute. I shouldn't have, but I did."

Having performed at Olympic level, her strength and attitude quickly proved an asset to the team.

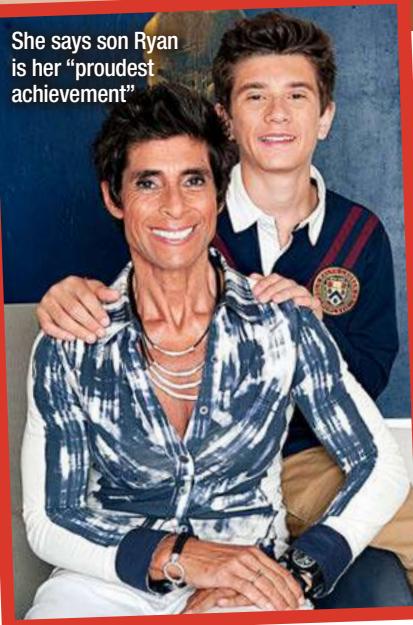
"None of us knew what to expect," Fatima said. "But having been a top-flight athlete, I'm used to being punished. I punish myself all the time and train exceptionally hard. It's not just the physical, I'm also aware of the importance of mental preparation. These sorts of battles are won or lost in the application of the mind."

"I'm probably a tougher cookie in that way than most. So it was nice to share some of those strengths, and weaknesses, with these young people. It was a great chance to show an older person can still thrive in a situation like that."

Fatima won bronze at the 1984 Olympics, silver in the 1988 Olympics and gold at the World Championships in 1987. But her story started in

WORDS: STEVEN MURPHY PHOTOS: ANDY MCCARTNEY, GETTY, SHUTTERSTOCK





North London in 1961. Born Fatima Vedad, she was abandoned by her Turkish Cypriot mother as a baby and brought up in care.

At school, she discovered sport and her talent for the javelin was spotted at a local athletics club.

It brought Fatima not only a new calling in life but a new family. She was adopted by her coach, teacher Margaret Whitbread, and her family when she was 15.

"Sport was my saviour," she says. "I had a tremendous amount of trauma in my early years and anyone who has had trauma will know that you have to learn to work alongside it, as it never leaves you. It was sport that guided me to do the best I could and made me feel positive about myself and confident about my abilities."

"I'd had to be that steely little girl in the children's home. I used that to become a world-beater in athletics and now I've turned that around again when I'm doing the SAS challenge."

Fatima says she and tough-guy instructor Rudy opened up about being in care during filming. "It was a poignant moment for us," says Fatima. "We're both in different fields in life but you're united by this same experience."

Fatima retired from athletics in 1992, marrying athletics promoter Andrew Norman in 1997. Their son, Ryan, was born a year later.

For years after, Fatima remained in the sport sector running a marketing business, looking after athletes including Steve Cram and Colin Jackson while also scouting for new talent – helping discover the likes of Kelly Holmes and Iwan Thomas. "I've been around the track a few times," she says of her career.

She divorced Andrew in 2006 and his death the

'Sport was my saviour. It guided me to do my best, made me positive'

next year left her struggling. So Fatima took up the *I'm A Celebrity* challenge in 2011. And true to form, she faced it head-on – quite literally, when she had to have a cockroach removed from up her nostril during one task.

She says, "In SAS you're actively involved on a daily basis, whereas in *I'm A Celeb* you're often not put up for the challenges.

"If you are, it's about how daring you are. Whether you'll eat the funny things or if – like me – if you panic when there's the cockroach up your nose. I did love both shows, in different ways."

Since then, she's graced our screens in other reality and quiz shows. "Reality TV was good for me and came at the right time," she says.

"It gave me a way to earn a living while I was keen to be around for my boy going through schooling."

Fatima boogied in *Let's Dance For Comic Relief* in 2012 ("I'm no Sugar Plum Fairy," she laughs) and took an emotional journey on *The Sultan's Trail for Pilgrimage* in 2020, visiting the land of her parents for the first time.

These days, she's in a position to pick and choose her offers. "I still need to work and I still like to work," she says. "But I don't do everything thrown at me. If I do something, it's usually because it means something to me. I have an immense amount of character when it comes to being adventurous."

In fact, Fatima has just started her next adventure – a charity mountain climb with Ryan. "We're climbing Mont Blanc," she reveals. "I'm raising funds for Action For Children."

While many twentysomething lads may not have mountain climbing with their mum at the top of their holiday list, it's clear Ryan – who Fatima calls "her proudest achievement" – shares a special relationship with her.

"We're very close," she says. "He's a great young man. He works in the City. Being a mum was so important, because as a child I didn't have a mum. And I feel that sometimes in life, an issue repeats itself, and I

wanted to break that and be a good parent. I ended up being a single parent when my son was nine. But that made me determined to do the best I could. I want to be a good parent and be there."

Fatima now lives near Brentwood in Essex and while she's no longer involved in athletics in a professional capacity, old habits die hard.

"I've never stopped training," she says. "I do something pretty much every day. I've always felt it's good for me. It helps my mental state and that's part of my learning and my wellness. I love to do puzzles as well. And I love a bit of gardening."

Fatima was undoubtedly the most famous female UK athlete of her generation and she has watched with interest the rise of women's sports in recent years, culminating in the Lionesses' win in the Women's Euros this year. "It's fantastic," she says.

"We've always had great women in athletics through the years but it's great to see women doing well in other sports – cycling, football. Hopefully there's a whole new generation coming through."

"It's great to see women now out there being so fit and healthy and doing their thing. It might upset some of the men a little bit, but never mind."

CELEBRITY SAS: WHO DARES WINS, SUNDAY, 9PM, CHANNEL 4



'A lot more people are here for help now'

With the rising cost of living causing many to struggle, Lidl is supporting the charities who are helping the vulnerable



The staff of the LifeHouse centre in Portsmouth would love to help everyone who needs it, but they know it isn't possible. "There's a lot of vulnerable people out there," says manager Mike Morell.

What the charity does is still impressive, giving out 500 food parcels a month, with around 25 a week being delivered to vulnerable people who cannot make it into the building. It also offers a full cooked breakfast on Wednesdays and an evening meal on Thursdays.

The centre is open three days a week and also provides rooms for meetings, free Wi-Fi to help with job applications or benefits, a range of donated clothes and household items and visits from hairdressers and footcare specialists.

Meanwhile, the cost of living is rising sharply. "We have a lot more people coming to the door for food parcels now," says Mike. "They're starting to queue outside in the morning. When benefits are paid monthly people start to run out of money around week three or four."

To meet this growing demand, LifeHouse has looked to businesses for support and donations.

"Lidl has been great," says Mike. "It has the donation boxes at the front of the supermarket, but it's also very good at giving us things from the back, like multipacks that have been split up, or mislabelled produce."

The supermarket chain is working with Neighbourly, a platform that connects local businesses with charities in their area. A fund of £500,000 has been set up by Lidl, which is accessible to the network of charities that currently collect food from Lidl GB stores to give to those in need.

And thanks to a grant from Lidl, LifeHouse has been able to get a new door for its centre. "The old one had been boarded over – it was basically just a sheet of wood," says Mike. The new door is much more secure and it is also wider, which improves accessibility for users in wheelchairs or with prams.

The grant awarded by Lidl means LifeHouse and other charities like it can continue to give support to the people who need it. And Lidl shoppers can know they are spending their money with a retailer who cares about their community.



Good to give: the products food banks need most

Look out in-store for the Good to Give trustmark, pointing you to a range of products that are perfect to donate to food banks – helping those in need have a more balanced diet. They include...

Tinned veg, eg peas and sweetcorn	Tinned tuna and mackerel	Brown, basmati and long grain rice
Pulses, eg kidney beans and chickpeas	Grains, eg couscous	Easy-cook noodles
Tinned fruit, eg pineapple slices	Wholegrain cereals, eg wheat biscuits	Oat drinks and UHT milk



Lidl changes for the better

FOR MORE INFORMATION VISIT [LIDL.CO.UK/GOODVALUE](https://www.lidl.co.uk/goodvalue)





1895

11 SEPTEMBER

The first FA Cup was stolen. The trophy was on display at a Birmingham sports shop when, in the early hours, three men broke in and made off with it.

Cup holders Aston Villa were fined £25 for losing the trophy, which was never seen again. In 1958, 80-year-old Henry James Burge confessed to the theft, although his claim wasn't verified.



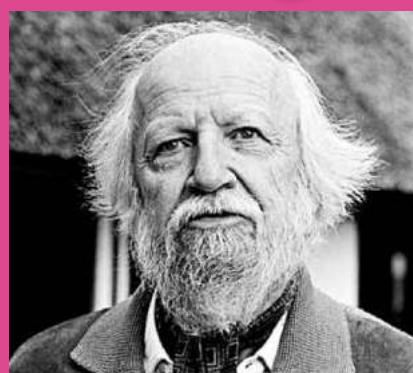
The week that was

Check out what happened in history

1954

17 SEPTEMBER

The novel *Lord Of The Flies* was published. Written by William Golding, it tells of a group of British schoolboys who are left to fend for themselves on an uninhabited island after a plane crash. The boys attempt to govern themselves but soon turn on each other as they descend into a state of savagery. Since its publication, the novel has been adapted into a number of films and radio shows and has influenced several notable figures, including horror writer Stephen King and heavy metal band Iron Maiden.



1968

16 SEPTEMBER

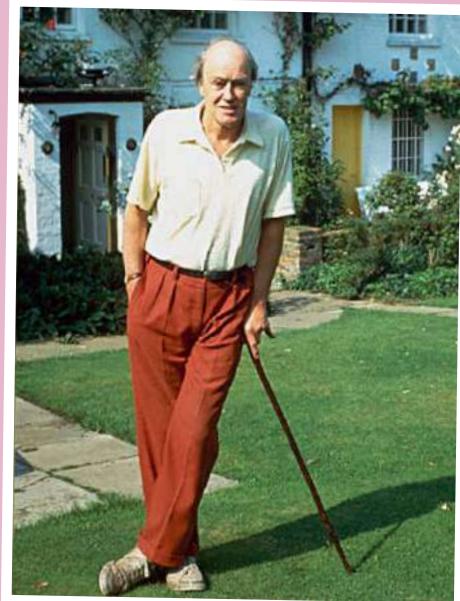
First-class stamps were introduced in the UK. To raise cash and level out staff workload, a two-tier system began. The Post Office promised overnight delivery for mail with a first-class, fivepenny (about 2p) stamp. Second-class postage was slower. Today a first-class stamp costs 95p, while second-class post is 68p.

1916

13 SEPTEMBER

The author Roald Dahl was born in Cardiff.

He's known as one of the 20th Century's greatest storytellers. His children's books, including *Matilda* and *Charlie And The Chocolate Factory*, have sold more than 250 million copies globally.



1982

14 SEPTEMBER

Princess Grace of Monaco died aged 52. The former actress, Grace Kelly, is believed to have had a stroke while driving. Her car plunged down a hillside and she died the next day.

WORDS: LUCY ROBINSON PHOTOS: GETTY, SHUTTERSTOCK, ROYAL MAIL GROUP LTD COURTESY OF THE POSTAL MUSEUM



1951

11 SEPTEMBER

Florence Chadwick became the first woman to swim the English Channel in both directions. Born in California, she had swum competitively from the age of six.

After the first leg in August 1950, crossing the 21 miles from France to England in record time, the 33-year-old completed the round trip just over a year later. She also secured another record, with a time of 16 hours and 22 minutes.



To see more photos from the archives for your area, visit [Memory Lane](http://memorylane.co.uk)

memorylane.co.uk



'We've made our 24/7 marriages a success'

Spending every working and waking hour with your partner could spell divorce – but not for these couples

The idea of mixing work and romance is a nonstarter for Gen Z types (under 24s), according to recent data. But they could be missing a trick. Yes it can be tricky to leave the professional side of your partnership behind at the end of the working day, especially with the digital age making you available quite literally anytime, anyplace, anywhere. And it can leave that crucial work/love balance seriously out of kilter.

But for some there is an upside to the

set-up, especially for those who work in the same industry or join forces to run a business.

It's called the "power-couple hypothesis" and it states that when a couple work together, their wellbeing increases. Mutual understanding of the demands and schedules is just one of the positives of what could otherwise prove to be a challenging situation.

Here, three couples who have what's called a "24/7 marriage" reveal whether it's taken them close to breaking point or has made their relationships stronger...



'We're chalk and cheese but we're stronger working together'



KIERA LAWLOR-SKILLEN, 31, AND WIFE AIMIE, 33, RUN A SUCCESSFUL BUSINESS IN MANCHESTER. HAVING A RELATIONSHIP ROOTED IN FRIENDSHIP HELPS THEM THROUGH CHALLENGING TIMES AT WORK.

Two weeks after opening our business, Feel Good Club, in the heart of Manchester in 2020, the country went into a second lockdown. It was a worrying time because my wife Aimie and I had both quit good jobs, we were too new to operate a furlough scheme and we had no other income.

But living and working together meant we could use those nine months of lockdown to plan ahead and get organised for our

reopening. Things really took off for us and that's all down to living and breathing the business together.

I started Feel Good Club in 2014 after developing an eating disorder at 18 and suffering depression and anxiety in my twenties. The Instagram profile gave me a platform to sell some candles I'd made and to post positive messages to help anyone else struggling with their mental health.

For years Aimie and I had talked about developing the business into a physical safe space with a coffee bar and club. We made a decision that we'd go for it if we managed to get 10,000 followers on Instagram, which we quickly exceeded.

Our friends thought we were mad to quit our jobs to run a business. It was a steep learning curve, but we were never worried about working together. We got together at university 13 years ago and married four years ago.

As well as having a loving relationship we have a really great friendship. We know each other inside out and love spending all our time with one another.

Aimie is super organised and good at budgeting, so she took on the financial side of the business. Having worked for a marketing agency and managed a team, I looked after the people side.

What was difficult in the early days was separating work from home life. We were devoting all our time and energy to the business and stopped going out with friends at weekends.

In the evenings there were Instagram messages to respond

to and social media channels to update. We quickly worked out that communication is key for us.

Aimie is a worrier, while I'm a risk taker, but as long as we talk to each other we can tackle any issues. We rarely argue and working together has strengthened our relationship.

The business is doing really well. We run open mic nights and spoken-word events and sell branded clothing with positive messaging.

We've even written our own book, *A Guide To Feeling Good And Being Okay With It When You're Not*. We've got big plans for the future and would like to open more venues. With Aimie at my side I think we can achieve anything.

Aimie says: I genuinely love working with Kiera. It feels so special helping others, and normalising the conversation around feelings, with someone I love and share my life with. We're chalk and cheese when it comes to how we do business, but it's all about learning to communicate.

- CHECK OUT THE BUSINESS AT FEELGOODCLUB.CO. *FEEL GOOD CLUB: A GUIDE TO FEELING GOOD AND BEING OKAY WITH IT WHEN YOU'RE NOT* BY AIMIE AND KIERA LAWLOR-SKILLEN (HARPERCOLLINS, £9.99) IS OUT NOW



The two have published their own book



Kiera and Aimie at the Feel Good Club



The couple with Xanthe

'At times we've wanted to kill each other!'

IMOGEN TINKLER, 39, LAUNCHED A POP-UP RESTAURANT WITH HER HUSBAND OF NINE YEARS, DUNCAN, 39, IN 2017. THE "CO-PRENEURS", WHO LIVE IN WHITSTABLE, KENT, WITH DAUGHTERS XANTHE, FOUR, AND ATHENE, EIGHT MONTHS, SAY "ALONE TIME" IS KEY TO THE SURVIVAL OF THEIR MARRIAGE.

I'd only given birth to our daughter two weeks before our first business event. As I rushed around operating the front of house for our pop-up restaurant, baby Xanthe strapped to my chest, I thought "Am I mad giving up a good job to run a business with my husband?"

Luckily, the event went so well that all my doubts were dispelled. From that moment we knew we could make our business a success – but how would that affect our marriage?

Duncan and I met in 2001 and married in 2013. We both put in long hours, me as a director of a children's charity and Duncan in film and as a chef.

We dreamed of setting up a business together so we could spend more time with each other and planned to run pop-up restaurants in pubs that didn't already offer food. We even had a name ready, Bangers And Balls.

In 2017 we put our plans into action. We thought it would be easy, but we had a fair few arguments at the start. I'm impatient and want everything to happen immediately, whereas Duncan is more realistic.

You also think your partner knows exactly what you're thinking and when they don't read your mind it can be frustrating.

There were definitely times when we wanted to kill each other!

But when things got heated, I'd go off for a swim in the sea or he'd take the dog for a walk or go to our allotment. We're not sulkers, so we'd soon talk things through and sort any issues quickly. We found a good balance.

In March 2020, days before the first lockdown, our premature daughter Beatrix died aged eight weeks. It was devastating losing her and we grieved together.

We couldn't do the pop-ups any more because of Covid, so to keep busy we developed the foraging side of our business, teaching subscribers how to cook with wild food. It was stressful, especially being reliant on one income, but we were passionate about what we were doing.

We have a one-to-one meeting every Thursday away from the house so it feels more formal. It wouldn't work to have a meeting over a cup of tea in the kitchen.

If there are difficult decisions to make, we often have a walking meeting because it's less confrontational.

You have to be strong-minded and confident to work together. But although we've been through some difficult times, we love spending time together and we make a great team.

Duncan says: The longer we work together the better we get at it. We complement each other. Sometimes we're even a bit psychic because we know each other so well and that can be really useful when working together.

• TO DISCOVER MORE, VISIT BANGERSANDBALLS.CO



Working family Duncan, Athene and Imogen



Imogen and Duncan with daughter Athene

'If we argue, we make up during our lunch break'

TINA NANDHA, 37, HAS WORKED WITH HER HUSBAND JAY, 42, SINCE THEY MET AT A SPORTS SHOP NEARLY 20 YEARS AGO AND SAYS IT'S SAVED THEM MONEY. THEY LIVE IN BOREHAMWOOD, HERTFORDSHIRE, WITH THEIR CHILDREN, NIKKI, SEVEN, AND MILLI, FIVE.

Every day when we're at work, my husband Jay drops me a text from two desks away to ask if I'm ready to go to lunch. We always do the same 20-minute walk to the petrol station to buy sandwiches to bring back to the financial services office where we work.

I never get tired of our daily lunch breaks because it's a great opportunity to catch up, whether we're talking about the children or what's happening at work. It might sound boring that I spend nearly all my time with my husband, but if you love someone why wouldn't you want to work with them, too? Besides, it's all I've ever known. I was 18 and in my first part-time job working on the tills at a sports shop when I met Jay, who'd just finished at university. He had a management role and I loved talking to him.

We soon became good friends but then we started seeing each other and I was really happy to see him at work, too. It never felt awkward. It was just great

to have more time to get to know each other.

I'd decided not to go to university to concentrate on buying a house, so two years later, in 2005, I started work at a bank as a cashier. Less than six months later, Jay joined me at the same bank. We both worked our way up to branch manager level and it was great having Jay there because he understood the work pressures. I left the bank after 13 years to look after our children, Nikki and Milli, and to start my business Wrap It By Tina.

But I missed not spending so much time with Jay. So when a role for me came up at the financial solutions company where he now works, I jumped at the chance. There are so many benefits to being back at work with Jay, including saving money

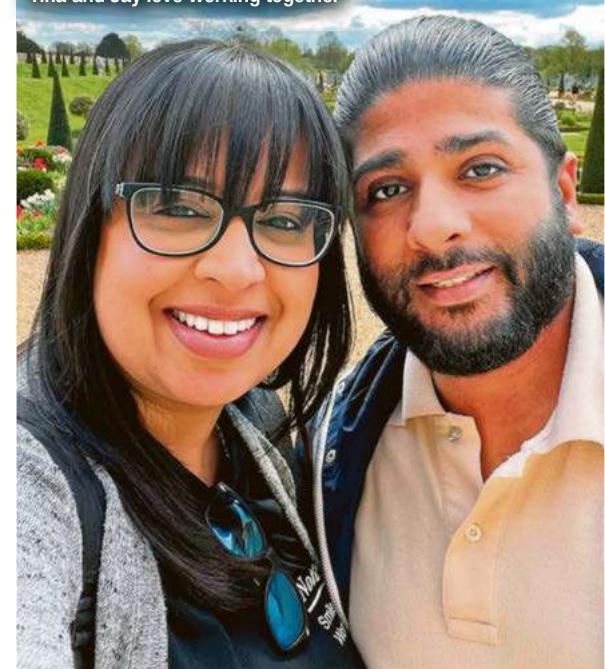
by selling one of our cars as we now travel to work together. We've supported each other through all our jobs together and this one is no different. It's a lovely family firm so nobody minds if I pop over to Jay's desk for a quick chat.

The only downside is when we've had a rare disagreement at home. We always try to resolve anything before coming into work, but otherwise I steer clear of his desk until we can make up during our lunch break. Working together has been perfect for our marriage.



With Milli and Nikki

Tina and Jay love working together



Jay says: I never get bored with Tina's company and appreciate her both as a great colleague and wife. She understands where I'm at if I've had a bad day and I can do the same for her. We're really lucky to have worked together all these years.

• TO FIND OUT MORE ABOUT TINA'S BUSINESS, VISIT WRAPITBYTINA.CO.UK

Professor who got a stranger to help murder his lover in sick sex fantasy

Wyndham Lathem liked drugged-up group romps and had a fetish for knives

Professor Wyndham Lathem was a highly respected microbiologist. His research – which partly focused on the bubonic plague, commonly known as the Black Death – had made him an expert on how pathogenic bacteria cause diseases and in 2017 he was a professor at the prestigious Feinberg School of Medicine at Northwestern University in Chicago.

Lathem was openly gay and dating Trenton Cornell-Durenleau, 26, who was building a reputation as a hair stylist. Things had started casually after they met on Grindr, but after a while their "friends with benefits" arrangement had grown into something more. Trenton would often stay at Lathem's luxury high-rise apartment.

According to Lathem, they had an open relationship, experimenting in the bedroom with other partners and enjoying "chemsex" – having sex while under the influence of disinhibiting drugs, like methamphetamine.

On 27 July 2017, the front desk at Lathem's apartment building got an anonymous call saying a crime had been committed in his apartment. The police were called and entered using a master key.



Officers found Trenton lying face-down in a pool of blood with knife wounds in his back. An autopsy would reveal he had been stabbed over 70 times. A cut to the neck was so deep it had almost decapitated him.

Blood-stained knives were found at the scene – two kitchen knives, one of them broken because of the force used, and a drywall knife. There was no sign of Lathem and he was named as the prime suspect in Trenton's death.

Investigators soon discovered that Lathem had been talking online with a British man called Andrew Warren – a financial officer at Oxford University's Somerville College.

The pair had been flirting online for months but as well as talking about their sexual fantasies, they had discussed committing suicide together. Lathem had then paid for Warren to fly from the UK to Chicago. Were they on the run together?

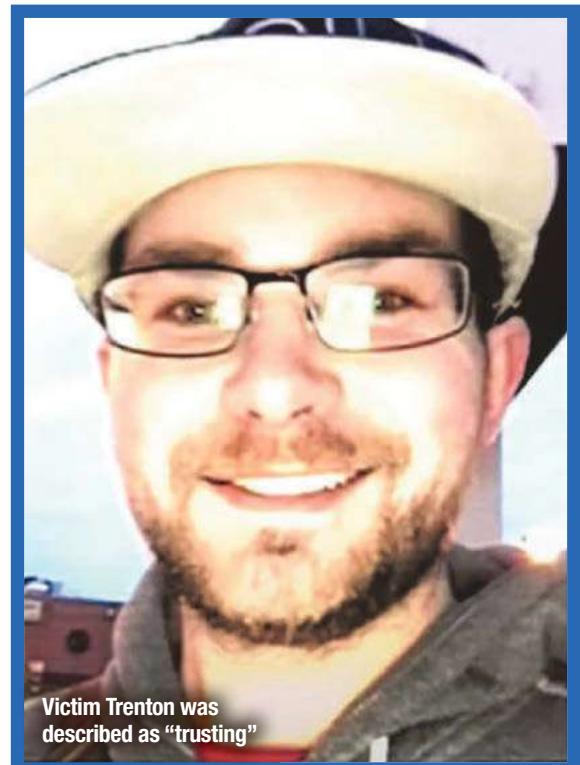
8-day, 2,000-mile manhunt

As Lathem was hunted down, he was fired from his job. His parents contacted the

police to say he had sent them an email, which included a video of himself. He could be heard talking about Trenton, saying, "He trusted me and felt safe with me, and I betrayed that... I took that all away when I killed him."

Police started to track down Lathem and Warren. They had made an anonymous cash donation of \$5,610

'One enjoys the use of the knife in sex because it's a bit scary'



Victim Trenton was described as "trusting"

in Trenton's name at the Howard Brown Health Center in Chicago, then continued to drive across the country. In Lake Geneva, Wisconsin, they made another donation of \$1,000 in Trenton's name at a public library.

After an eight-day manhunt covering 2,000 miles, the pair handed themselves in to authorities in California – and blamed each other for Trenton's death.

Lathem claimed Warren had attacked and killed his boyfriend while he hid in the bathroom. But Warren said Lathem started the attack and he joined in by hitting Trenton over the head with a lamp and stabbing him twice.

In 2019, Warren, 61, made a plea deal. In exchange for testifying against Lathem, he would get 45 years in prison for first-degree murder.

"I want to say that I'm really so sorry," he told Trenton's family in court. But he would have



Professor Lathem told of the sexual thrill of the "feel of the knife on the body"

plenty more to say when he took the stand at Lathem's trial in 2021.

Meanwhile, with the start of the Covid pandemic, Lathem tried to persuade a judge to release him on a \$1million bail so that his knowledge of microbiology could be used to fight the disease. The appeal was denied.

At the start of Lathem's trial, the defence said the former professor and Trenton had engaged in "three-way sex with people they met online", meth use during sex, and bondage and submission roleplay that involved knives.

They said Warren had joined the couple in the bedroom and then attacked them. Lathem admitted he'd hidden in the bathroom "like a coward" while the attack continued and said Trenton was dead when he came back out. "He was at a loss as to what to do," the defence told the court. "He felt responsible for putting Trent in harm's way. He believed – and still believes to this day – he bears responsibility for Trent's death. It was Dr Lathem, after all, who brought Andrew Warren into their lives."

Lathem took to the stand to say that when Warren had arrived in Chicago, he'd been disappointed



by his looks and he had felt "catfished".

But on the night of 26 July, he had engaged in a threesome with Warren and Trenton, during which they had brought knives into the bedroom for consensual role play. "No one is meant to get harmed," Lathem testified. "One enjoys the use of the knife because it's a little bit scary, it requires trust and there's a range of sexual experiences that you can get by the feel of the knife on the body."

It was then, he said, Warren had attacked. The defence said he had killed Trenton out of jealousy.

The prosecution said Lathem had orchestrated



Warren thought he had flown to the US for a suicide pact

Trenton's death as part of a disturbing sexual fantasy and brought Warren in on the plan. Lathem had plenty of time to get Trenton help but after the killing he had instead taken a shower and gone on the run with the man he accused of being a killer.

The prosecution said Lathem had lured Warren to the US with a promise they would commit suicide together – but it was really so he could fulfil his fantasy of killing Trenton. Lathem's blood was at the apartment and he'd confessed in the video to his parents.

Meth-fuelled threesome

Warren took the stand and said that the unexpected death of his father and other family problems had left him depressed, so he'd searched the internet for someone to kill him. He'd found Lathem, who claimed he was suicidal because he'd lost out on a job.

He said they made a pact to kill each other but when he got to Chicago, they struggled to buy a gun. Then Lathem revealed his true plan – he wanted them to kill Trenton together.

The horror had begun as a meth-fuelled threesome. Warren described how Lathem started stabbing Trenton when he was asleep and as he fought back, Warren subdued him by hitting him with a heavy metal lamp.

Lathem was found guilty of first-degree murder in October 2021 and sentenced this January to 53 years in prison. The judge said the murder was an "execution", adding, "To butcher Trenton Cornell, the way that he died, in order to fulfil a bizarre, antisocial, perverted fantasy based on whatever sense of reality, is beyond my understanding."

Trenton's family said he was trusting and loving, which made him a "perfect target for the murderer he fell in love with".

Lathem, now 48, said in a statement, "I want Trent's family to know I have been grief-stricken since the moment everything happened."

But whatever grief he may feel over his actions, nothing had been more important to him than slaking his depraved lust – whatever the cost.

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Just a splash

Toners have upped their game recently. Gone are the astringent, alcohol-heavy liquids of the past, and instead here's a new wave of smart solutions all packed full of skincare benefits.

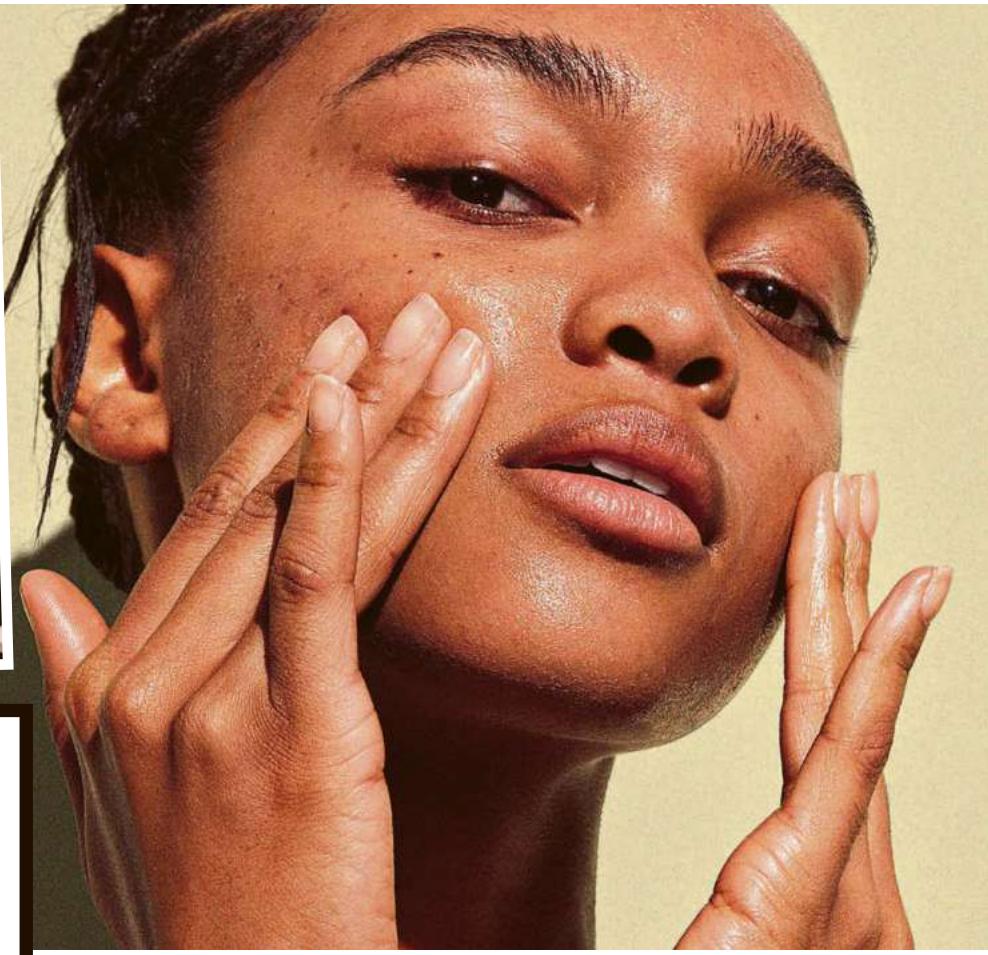
One of the newest is **Fenty Skin Fat Water Hydrating Milky Toner Essence, £38**, a creamier, more hydrating sister to Fenty's original Fat Water, containing hyaluronic acid, niacinamide and tamarind extract to bolster the skin's moisture barrier.



Spot on

Maker of cute, candy-coloured skincare **Glow Hub** has just made its first foray into the world of make-up with **Under Cover, £14**.

The highly pigmented cream concealer doesn't just camouflage blemishes but also helps to banish them for good too, thanks to a formula that contains spot-shrinking salicylic acid and tea tree extract. Find it in an impressive 26 shades.



Easy on the eye

I'll rave to anyone who'll listen about the difference in my eyelashes since discovering **RevitaLash** – regular use has left them looking almost as good as professional extensions.

Now, there's a new serum launching on Monday, and it's specially designed for those

with sensitive eyes. **RevitaLash Advanced Sensitive Eyelash Conditioner, £99**, encapsulates its lash-boosting ingredients to deliver them gradually, to reduce risk of irritation. In studies, 98% of users said their lashes looked more healthy after eight weeks of use.

Body beautiful

Like Google, Zumba and Adele, **Bio-Oil** is a name that needs no further explanation. The iconic skincare oil launched in 1987 and quickly became the go-to for scars and stretch marks, with only a handful of other launches from the brand in the years since.

Now, however, it's making waves again with a new **Body Lotion**, from **£14.99**, packaging up skin-replenishing oils and vitamins into a lightweight, fluid moisturiser. Will this be another classic?



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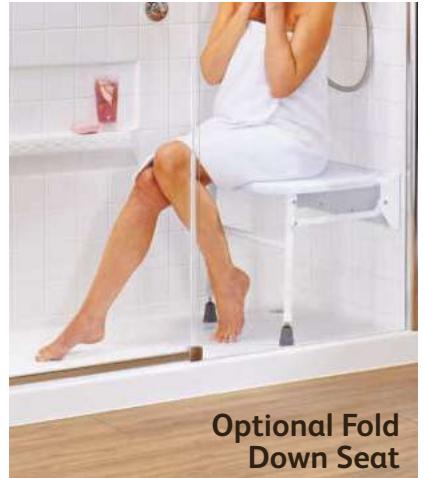
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A taste of autumn

Comforting recipes to get you in the mood for the upcoming season

MAKES 4-6

INGREDIENTS

- 500g sweet potatoes, peeled and diced
- 1 butternut squash, peeled, deseeded and diced
- 1 tbsp clear honey
- 1 tbsp olive oil, plus a drizzle

Salt and pepper

- 2 onions, finely chopped
- 3 garlic cloves, crushed
- 1 tsp chilli flakes, plus a pinch
- 1 tsp paprika, plus a pinch
- 1 litre chicken stock
- A small handful of croutons, to serve (optional)

1 Preheat the oven to 200°C/180°C fan/gas mark 6.

2 Put the sweet potato and butternut squash on a baking tray and add a drizzle of honey and olive oil. Season with salt and pepper.

3 Roast for 40-45 minutes until soft and starting to caramelise at the edges, stirring occasionally.

4 Meanwhile, fry the onions in 1 tbsp of olive oil until soft, then add the garlic, chilli flakes, paprika and continue to fry for 1 minute. Add the

chicken stock. Bring to the boil and simmer for 5 minutes.

5 Remove the sweet potatoes and butternut squash from the oven and add to the pan with the stock. Allow to simmer for another two minutes.

6 Remove from the heat and allow to cool slightly. Then blend everything together until smooth using a stick blender. Bring the soup back to a simmer, then serve with croutons and a pinch of chilli flakes and paprika.

RECIPES WRITTEN, DEvised, CREATED AND STYLED BY: VICTORIA GRAY; PHOTOS: CLIVE SHALICE



Heritage tomato tart

MAKES 4-6

INGREDIENTS

- 1 fresh garlic clove, crushed
- 1/2 tbsp olive oil
- 1/2 tbsp balsamic vinegar
- 3 tbsp passata
- 2 tbsp roughly chopped sun-dried tomatoes
- 200g puff pastry dough
- 1 egg, beaten
- 300g mixed heritage tomatoes, sliced
- 100g feta cheese, crumbled
- A handful of basil leaves, to garnish

1 Preheat the oven to 200°C/180°C fan/gas mark 6.

2 In a small bowl, combine the garlic, olive oil, balsamic vinegar, passata and chopped sun-dried tomatoes. Set aside.

3 Gently roll out the puff pastry on a floured surface until the thickness is roughly 5mm.

4 Cut out a circle of the rolled-out pastry – a large dinner plate is the perfect size.

5 Put the pastry circle on some parchment paper and lay it flat on a baking sheet to add the filling.

6 Spoon a thin layer of the sun-dried tomato and passata sauce over the puff pastry, leaving a 3cm border of the crust untouched.

7 Brush the pastry border with beaten egg.

8 Top with the tomatoes and feta cheese.

9 Bake for about 30 to 35 minutes until the pastry is golden, the tomatoes are cooked and the feta cheese is beginning to turn golden.

10 Remove from the oven and cool slightly. Scatter over basil leaves before serving.



Roasted sweet potato and butternut squash soup

Spiced apple and raisin loaf

MAKES 6-8

INGREDIENTS

- 75g butter, softened
- 200g self-raising flour
- 100g demerara sugar, plus 2 tbsp, to decorate
- 3 tsp mixed spice
- 3 dessert or cooking apples
- 150g raisins
- 3 free-range eggs, beaten

1 Preheat the oven to 200°C/180°C fan/gas mark 6.

2 Rub the butter into the flour until it resembles fine breadcrumbs.

3 Add the sugar and mixed spice and stir to combine.

4 Peel the apples, core and dice into pieces and stir into the cake mixture.

5 Add the raisins and the eggs. Beat until combined.

6 Pour the cake mixture into a greased loaf tin.

7 Sprinkle with demerara sugar and bake for 35-45 minutes, or until golden brown, risen, firm to the touch in the centre and just shrinking away from the sides of the tin.



The five arguments all couples need to have

It can be a challenge but working through a row can make your relationship stronger

How we communicate with each other, deal with each other's families, share responsibilities and manage boundaries are all issues that can cause arguments between couples.

But rather than thinking that disagreements are to be avoided, some disputes – and learning how to reconcile them – offer couples the potential for their relationship to grow.

Couples therapist Joanna Harrison says there are five rows all couples have to resolve if they are to enjoy a healthy, long-lasting relationship.

"When we come up against each other's different ideas in the form of an argument,

we have an opportunity to learn about the things we both care about," she says.

"We discover the mutually agreeable ways of doing things and learn where each other's limits are. If we can better understand what's going on between us when we argue – and repair afterwards – it can strengthen our relationships."

These are the arguments Joanna suggests all couples ought to have...

1 "YOU NEVER LISTEN TO ME"

We argue with our partners about the stuff we care about – things that upset us or that feel important.

Being listened to isn't the same as being agreed with, but there is huge value in finding better ways to 'hear' each other and be more understanding of different styles of communicating.

Make time to discuss how you're doing and talk about important things when there are no distractions. Listen to each other's point of view without interrupting and never underestimate the power of saying sorry for how you have made someone feel.

Acknowledge how your partner feels, even if you don't agree with them – it shows you have listened.

It's also important to avoid starting talks with blame.

"It seems difficult for us to have a conversation about this" is better than, "You're so rubbish at listening".

WORDS: SANDRA WALSH ILLUSTRATIONS: GETTY

2 "YOUR FAMILY DRIVE ME MAD"

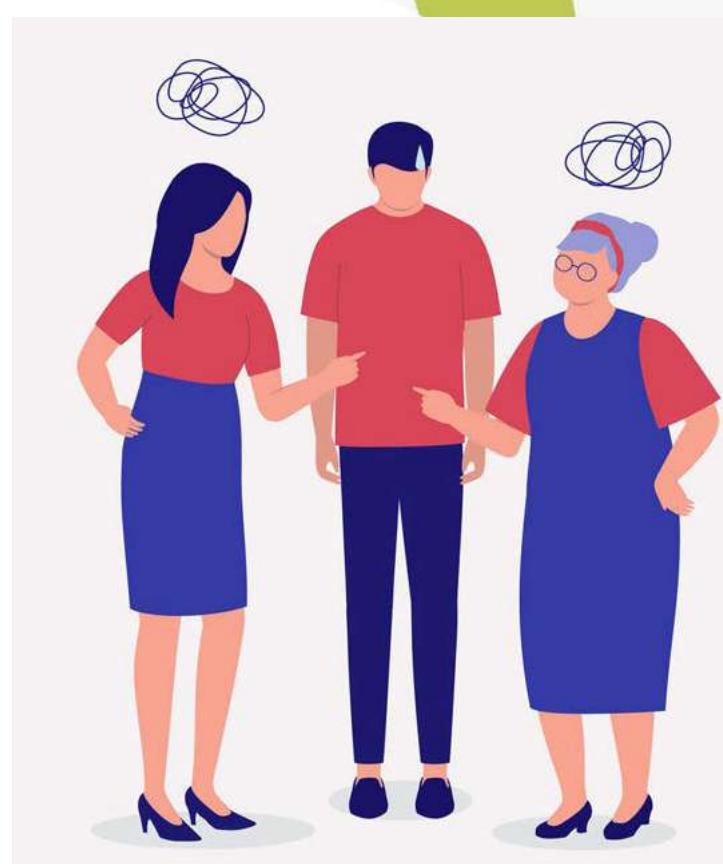
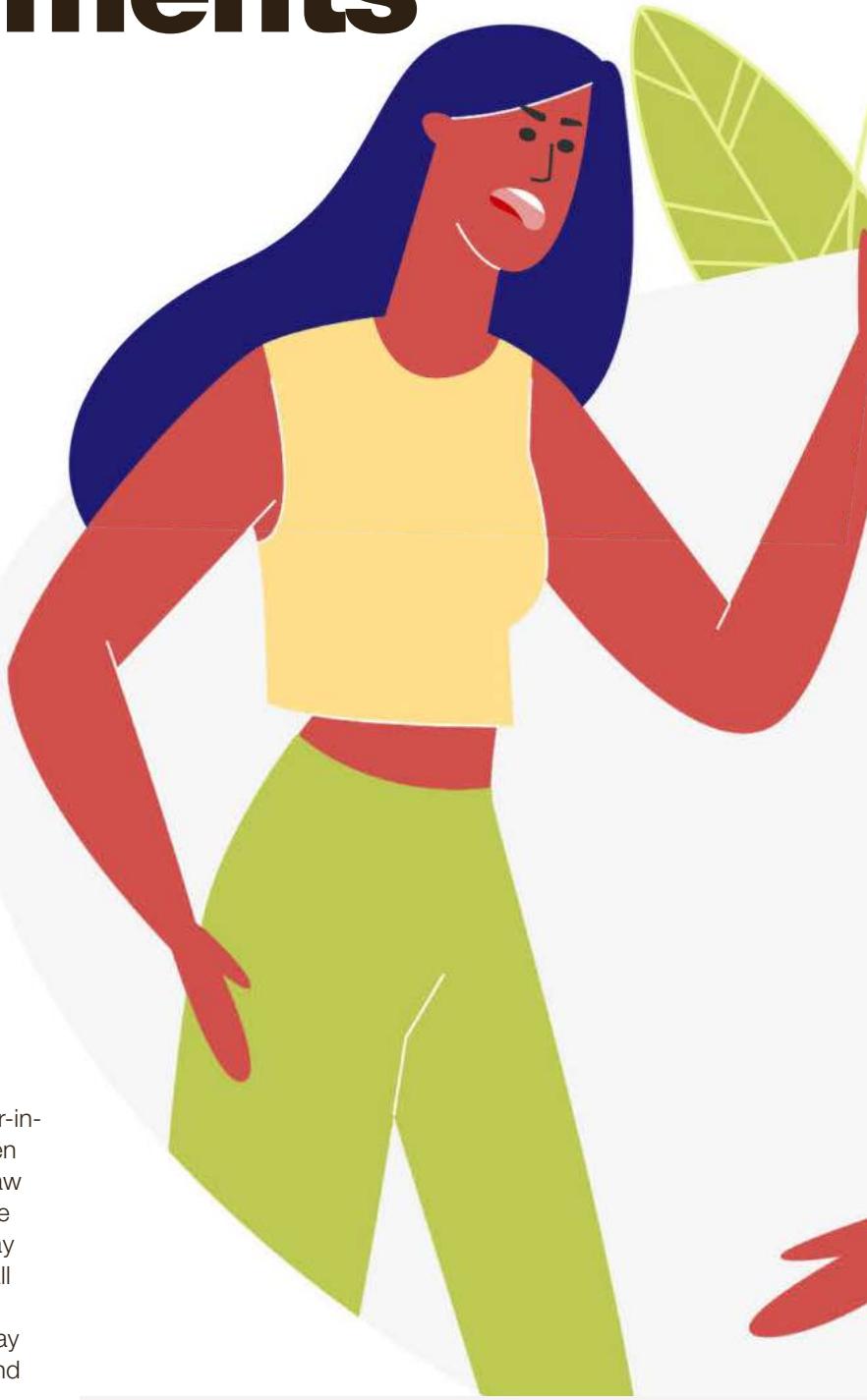
Whether it's an interfering mother-in-law or your partner changes when they're with their family, the "in-law problem" stands for a wider issue that all couples have to find a way to navigate – how to cope with all aspects of each other's family.

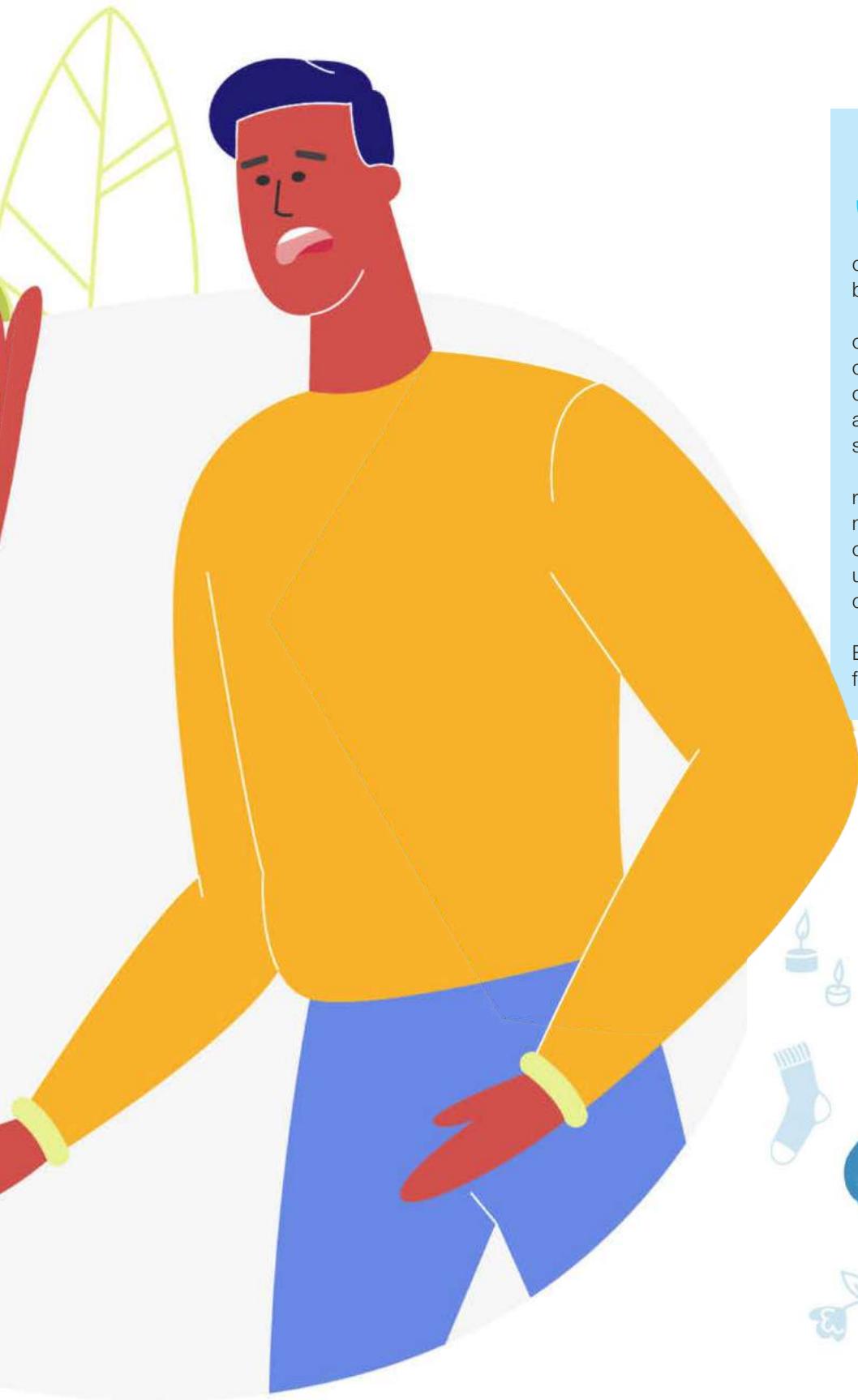
You may need to bridge the way for each other to try to understand each other's families and define boundaries between you and your respective families.

Be aware that it can be a very sensitive topic. You may complain about your own family, but take it personally when you hear your partner complaining about them. Take time to be curious and have an open mind so that you don't assume your family's way is the "right way".

Work together. Don't leave your partner to resolve their issues with your family on their own or tell them to "get over it".

And be clear about the kind of boundaries you want to establish when it comes to involvement with each of your families.





4 “YOU’RE ALWAYS ON YOUR PHONE”

This complaint is all about the tensions created when we discover the different ideas we have about what space we want or can bear to have from each other, physically or mentally, and what we do and don't want to share with each other.

Treat boundaries around phones and social media as an essential housekeeping issue. If being physically apart from each other is more of an issue for one of you, plan in advance for navigating those difficult feelings and opposing attitudes.

Find ways to show you're thinking about each other when apart. And “top up” on time together before or after a separation.



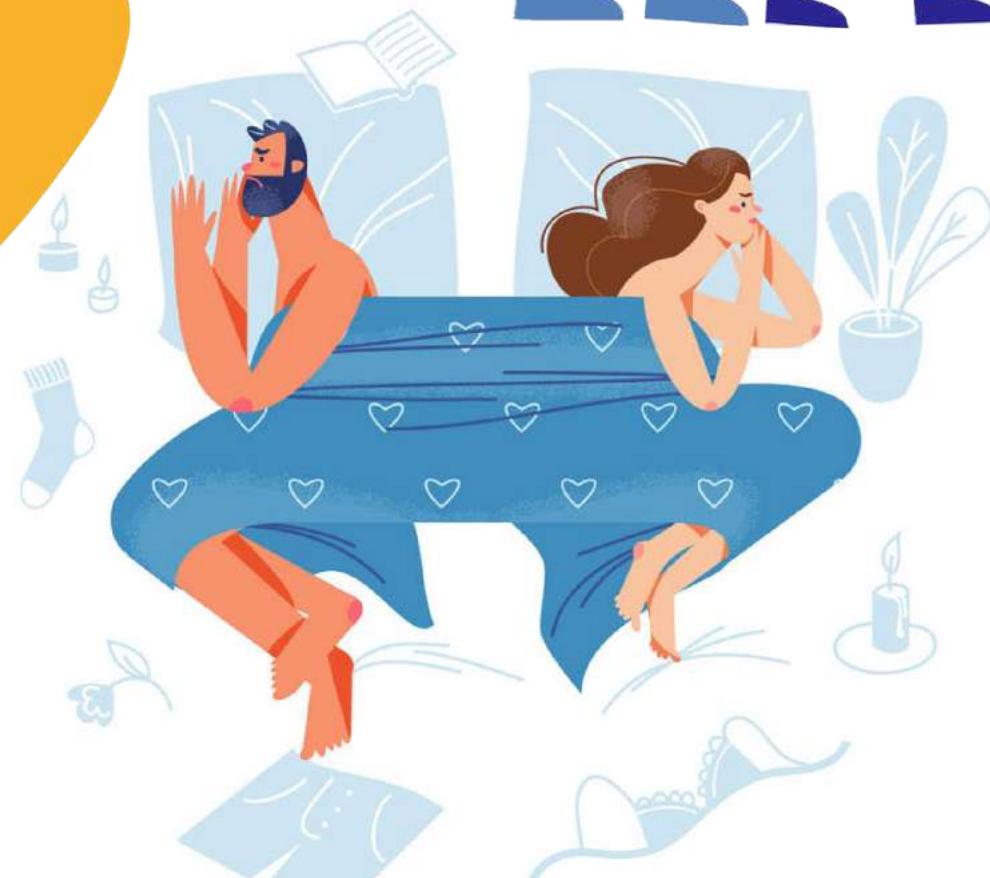
3 “I GET TAKEN FOR GRANTED”

This argument can cover many issues, from who does the washing up and takes the bins out to who pays the bills.

When sharing jobs goes well, there can be real enjoyment from a sense of collaboration. But there may be contrasting ideas about what work actually needs doing and who should do what.

Don't expect your partner to mind read and do the things you think need doing. Communicate with each other about what these are and be up for having a go at something you don't normally do.

Support networks matter too. Being able to let off steam with friends is always helpful.



5 “I’M NOT HAPPY WITH OUR SEX LIFE”

There's no right way to have a sex life and no right amount of sex to be having – from no sex to lots of it, monogamous or open relationship – as long as it works for both people.

Sex can be a point of contention for all sorts of reasons, from differing levels of desire to becoming parents. Couples need to find a way to talk about it, otherwise it can slip off the radar and they are left feeling physically disconnected with a sense that something is missing.

Communicating openly and honestly about sex can be the most difficult topic of all but it is essential.

Keep sex fun and don't be afraid to make mistakes or try something new.

FIVE ARGUMENTS ALL COUPLES (NEED TO) HAVE: AND WHY THE WASHING UP MATTERS, JOANNA HARRISON, SOUVENIR PRESS, £14.99

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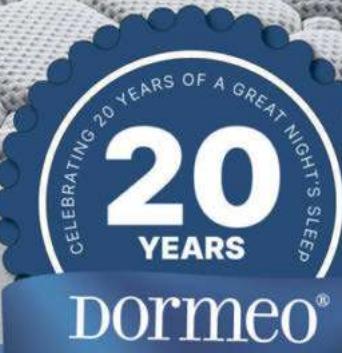
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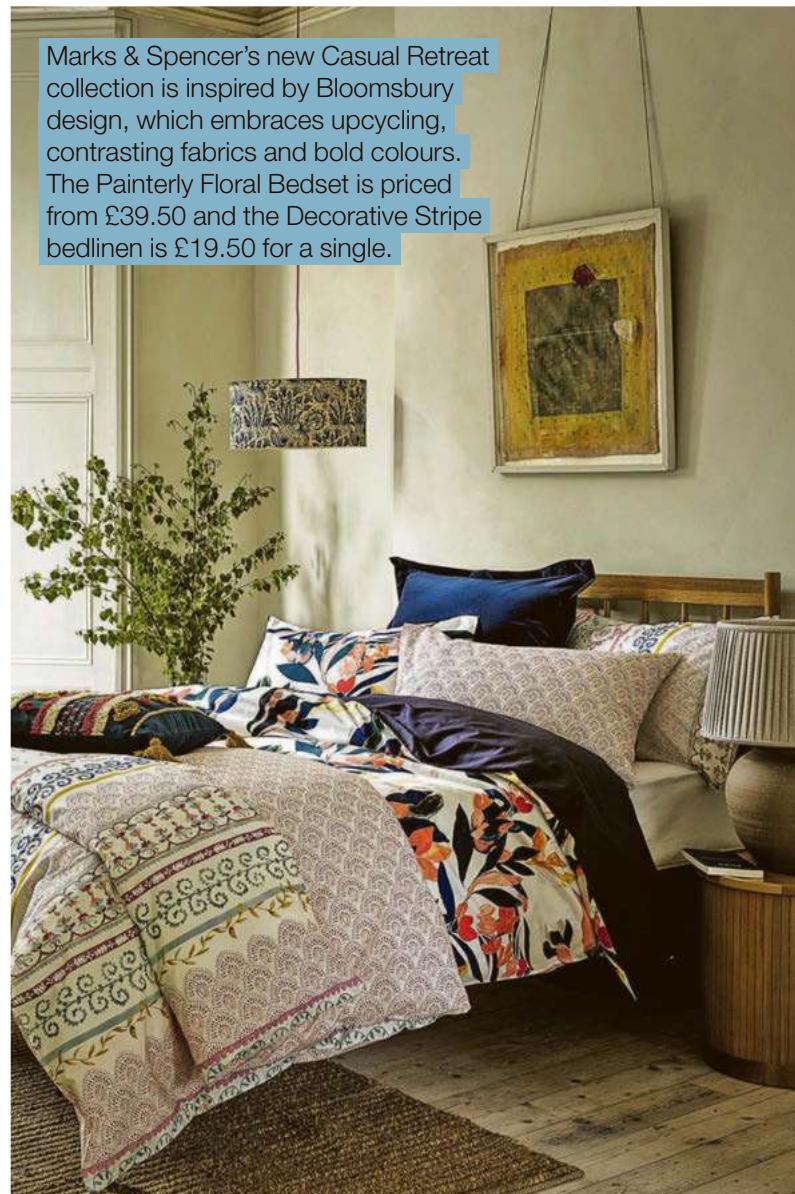
Cosy up

Soften the fall into autumn with lovely layers and unique accessories

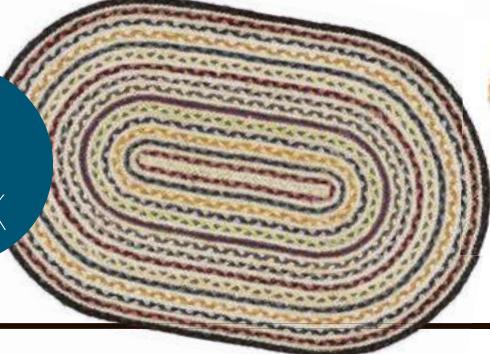
WORDS: VICTORIA GRAY, OCTAVIA LILYWHITE



IKEA has collaborated with British designer Ilse Crawford to create the Konstfull series. This gorgeous little vase is made from recovered glass, mouth-blown by craftspeople, and is priced at just £4.



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GET
THE
LOOK

John Lewis & Partners' Cosy Sofa in peacock blue heritage wool has a classic design with a modern twist. It features sumptuous fibre-filled cushions and elegant turned wooden legs. Prices start from £1,049 for a two-seater. The ditsy print Oxalisa wallpaper is priced at £35 per 3m roll.

Scatter cushions are a big part of layering. Choose velvet, canvas, plain, tufted or fringed. This floral print is £9 and the bee is £10, both George at Asda.



Marks & Spencer's new Casual Retreat collection is inspired by Bloomsbury design, which embraces upcycling, contrasting fabrics and bold colours. The Painterly Floral Bedset is priced from £39.50 and the Decorative Stripe bedlinen is £19.50 for a single.

The First Thomas Kinkade Lantern Tree With Swirling Light Show!

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When the snow begins to fall all around, happy times fill the air and dazzling lights brighten our hearts and homes – Christmas is bound to be more dazzling and beautiful than ever! Now, in an all-new design innovation from The Bradford Exchange, the artistry of Thomas Kinkade inspires a unique lantern-based tree that features abundant lights and an ever-swirling flurry of illuminated snowflakes! Introducing the *Thomas Kinkade 'Festival Of Lights' Masterpiece Lantern Tree*, an intricately-crafted work of art and a Christmas heirloom to treasure.

An illuminated holiday delight

The base of this Masterpiece Tree has been crafted with a unique lantern design. Peer inside, and you'll discover a Thomas Kinkade holiday scene recreated in three dimensions. The tree itself has been crafted with realistic-looking evergreen branches touched with 'snow', creating the perfect showcase for an abundance of ornaments: icicle-inspired teardrops, glittery silver ornaments, intricately styled snowflakes, pearlescent garlands...and tiny iconic lanterns that illuminate! As an elegant finishing touch, a lighted silvery star at the top radiates with its own light.

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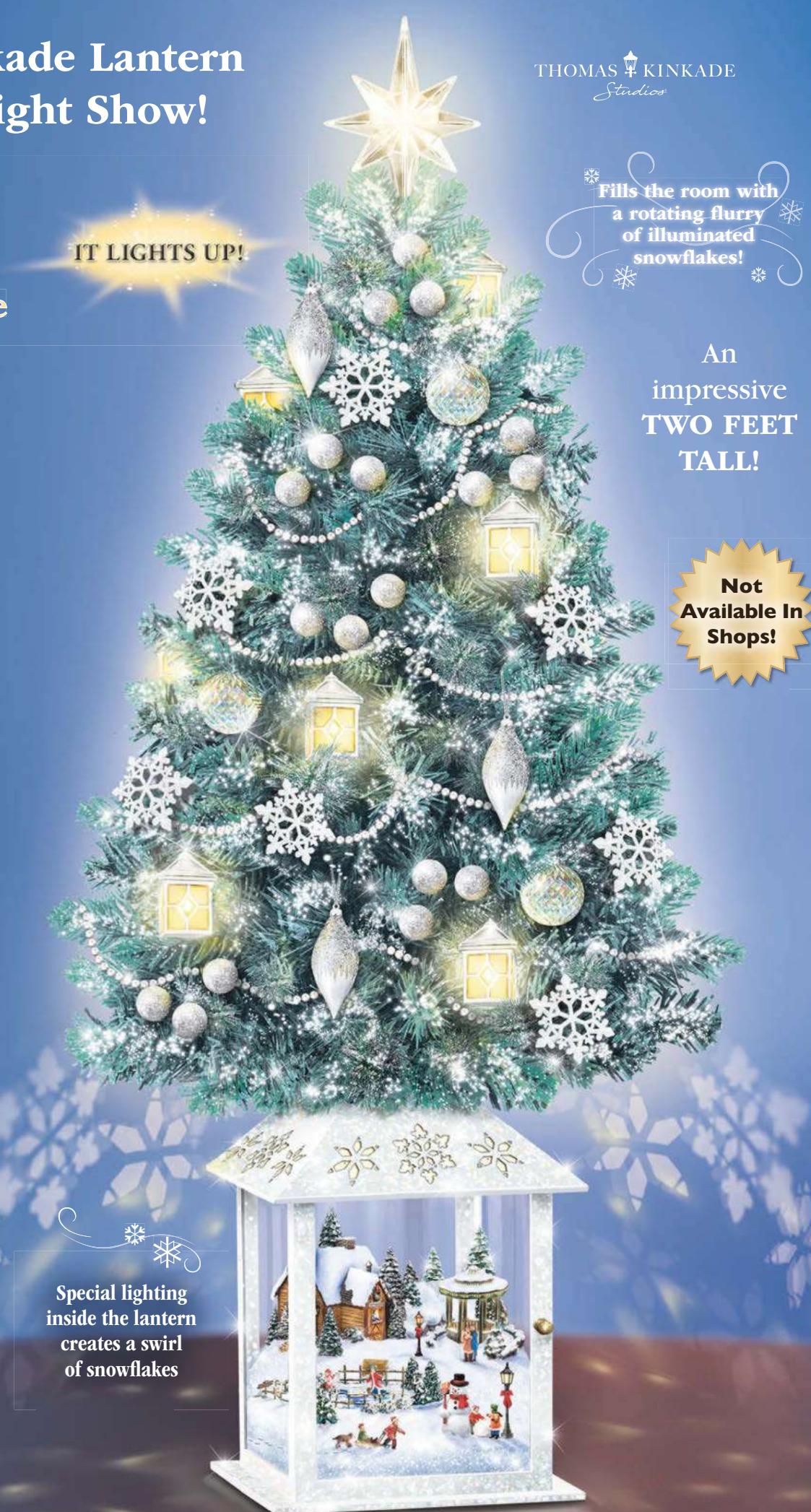
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A mother visits court to see her daughter's tormentor face justice – but does someone else deserve punishment?

The three of you pull up to the court and not one of you notices the rain clapping at the window like little iron fists.

As you drag yourselves through the security queue, you're aware that Zoya is blinking excessively, a nervous tic that has been exacerbated by the stress of the past few days. The grey severity of this building terrified Zoya from the start and the terror has only mounted. Sean hasn't noticed the blinking or the way his teenage daughter clings to you, but you are her mother. You're a package that has been hurriedly put together but is bursting at the seams with an acute alertness and an assortment of guilts, the ugliest of which is that you have instigated this moment. As you empty the contents of your handbag into a tray, Zoya's angst mauls at you.

You notice Maria's parents standing by Youth Courtroom 6. A stinging shame rises through your chest and you turn quickly away to greet the solicitor. You sense Zoya wanting to hold your hand and you reach for her.

You've always sensed her needs – it's an awareness you've carried since she was born, when your breasts would sting and leak moments before she cried for her feeds. When she had nightmares, you would be beside her bed even before she called out for you. Instincts that were futile when Zoya needed you most.



"What's a referral order?" Sean is asking the solicitor, and you envy how nonchalantly he rocks on his toes as he speaks. Your ex-husband has mastered the art of travelling light through life, carrying the least amount of baggage because you carry the brunt. He checked out of this family years ago and is making a guest appearance, a supporting role, for your daughter.

"Zoya's mum's always been a bit self-absorbed, a bit not-all-there." Sean would have complained to his new wife, and you worry he's right – that if you hadn't been so preoccupied with getting promoted, you might have noticed the signs earlier.

As you take your seat beside her, Zoya reaches for you again, leans into you and whispers, "I love you, Ma." She whispers these words frequently into your ears, is lavish with her affection for you. And yet the obscene words in those Snapchat messages – how could such profanities be used against such a sweet child? It had filled you with rage.

You could have dealt with it differently. You had liked Maria, given her lifts to the football practices the girls shared when they were younger and encouraged Zoya to befriend her, convinced they had much in common.



The trial

But then they became teens and those lewd images of your child on Snapchat captioned with those awful taunts shocked you to the core, and when the school didn't put an end to it, you became desperate, turning up at Maria's home, voice pitched soprano with rage. It only made matters worse, and Zoya called you from the school toilets begging you to make it stop, and you in turn called the school, begging them to make it stop.

You are an actuary, solving problems, thinking strategically day in and day out, but the best you can think of to protect your child is to fantasise about squeezing her back inside you as the only place you can keep her safe.

The lawyers disappear into Youth Courtroom 6 and the three of you wait, Sean scrolling on his phone and Zoya blinking rapidly beside you. You slip into the awed silence and try to imagine what the magistrate might be saying at that very moment. Punish her, you mentally beseech him. Punish me too. Zoya squeezes your hand and you smile reassuringly at her, the picture of calm.

But where was your composure when you were chasing Maria down that alleyway while your drenched daughter hyperventilated on the wet grass?

When the door opens, Maria walks in with her parents and suddenly you don't recognise

her as the malicious girl who spat in your face when you screamed, "How can you do that to my baby?" This girl is just a child, too.

When she looks up, Maria looks at you; not at Zoya, but you. You recognise the fear in her eyes because it resembles the fear in Zoya's eyes over the past four months of this ordeal. You've become to Maria what Maria was to Zoya. You shake your head to avoid thinking the word, but it forms in your mind regardless like an animated thought bubble: Bully.

The solicitor explains that as part of the Referral Order, the magistrate has ordered

Maria's parents to compensate all her victims, including Zoya.

"No!" you say, thinking of how you didn't stop chasing until you wrenched that petrol can out of Maria's hands.

They look at you in surprise, including Zoya who frowns but still clings to your arm. You suddenly want to shake her the way you shook Maria; she poured a can of petrol over you and threatened to blow you up, you wanted to shout, why didn't you stand up for yourself?



What if you hadn't decided last minute to pick Zoya up from school that day? What if you hadn't slowed for a traffic light and spotted them at the end of the alleyway? You remember the sloshing of the liquid splashing over Zoya as you ran toward them, tentative eruptions of "No!" emitted from the depths of your shock. You remember how, when Maria ran away, giving chase felt incredibly liberating! You had been a single mum for seven years – had been the only carer and confidant to your awkward and vulnerable child – and for a few moments you ran free of it all toward the tyrant. And then when you reached Maria, you grabbed her. "It's just water," Maria had gasped, "I was just joking," but it was too late – something had been unleashed in you.

You were a demented woman whose only child had been soaked in petrol ready to be set alight like a brown Guy Fawkes. You slapped her hard across the face.

The solicitor was still talking. He seems to have taken your reaction as one of outrage that the sentence was not harsh enough. You open your mouth to explain that it wasn't right what you did – you've never raised a finger to your own child – but suddenly you feel Zoya lean into you and whisper, "It's OK, Ma."

The three of you walk out of the courtroom but only Sean walks taller, vindicated by the outcome. Zoya blinks hard as she clings to your arm and your heart shrinks deep into the pit of you.



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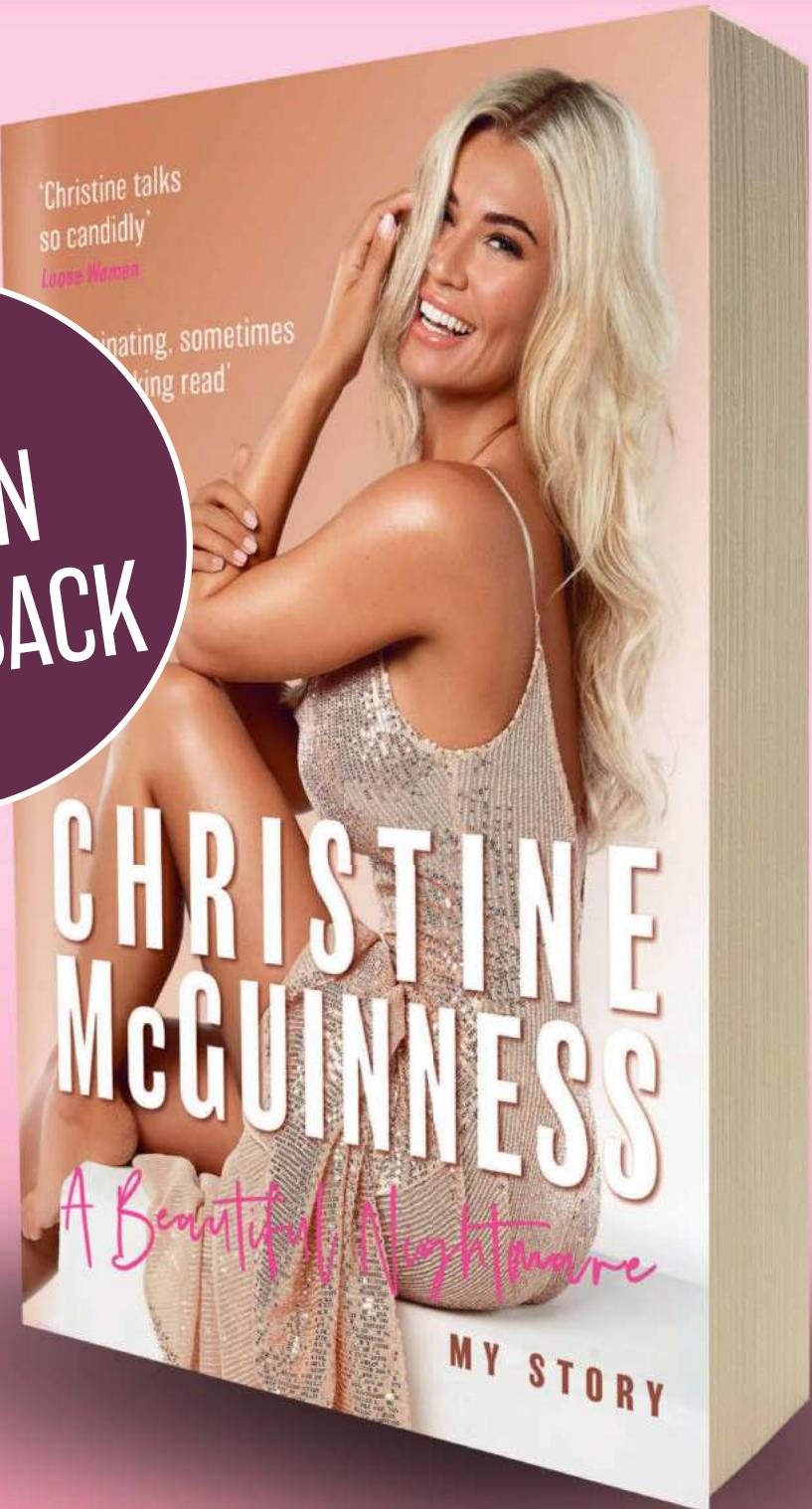
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TV GUIDE

OUR
PICK
OF THE
WEEK



The Great
British
Bake Off
Tuesday, 8pm,
Channel 4

BAKE OR BREAK

The Great British Bake Off is back and, according to judges Prue Leith and Paul Hollywood, it's tastier than ever!

Wisks at the ready, it's time for our favourite annual cooking show – *Bake Off!* And judges Prue Leith and Paul Hollywood return to the tent prepared to put the bakers through the ultimate test.

Hosts Matt Lucas and Noel Fielding are also back to give the bakers – as well as us – a bit of light relief.

So, was it all fairy cakes and fun? Or were the bakers left agonising over their soggy bottoms? Here, Paul and Prue tell us what we can expect...

Hi, guys! What can you tell us about the new series?

Prue: I thought it would be a hard act to follow because the previous one

with Giuseppe and Jürgen was just so magical, but these guys turned out to be great. They were generally a younger bunch, they bonded really well, enjoyed themselves and were very creative.

What really stood out?

Prue: I love the way cakes are decorated. It's been happening gradually, but there's been a leap forward. I think it may have happened during lockdown. When I first came on the series, seven years ago, there'd be lots of rosettes around the edge of a cake with perhaps a strawberry between each rosette. Now, they do all these wonderfully modern designs with lots of mirror glazes, lots of informal piping, lots of decoration with fresh flowers. That impressed me.

Paul: The standard was very high.

They had great ideas. They executed them well and were all very professional. But they all struggled with their timing. Bad timing catches most bakers out when they come into the tent.

Did anything unusual happen during the series?

Prue: We had some unusual combinations – we had pineapple and popcorn on one cake. Oh, and some quite rich chilli and chocolate-type flavours. It was really good. **Paul:** Mexican Week and Halloween Week were fantastic. When the tent was set up for Halloween with cobwebs it was all quite spooky – Noel thought it was like going home! The food I had in Mexico was spectacular and it was lovely to carry it into the tent.

How much fun is it working with Matt and Noel?

Prue: We have a lot of laughs. It's different with those two than with Sandi [Toksvig]. We were more of a pair. Those boys talk football and motor cars all day while Sandi and I would talk books or theatre.

Paul: When Matt and Noel do something that makes me laugh, Prue's normally oblivious, which makes it funnier. Matt, Noel and I end up giggling like school kids, which I love.

Prue, what bake would Paul be?
A doughnut. Hard on the outside but squishy in the middle.

And Paul, what would Prue be?
An éclair – very elegant, beautiful to look at and soft.

CHOICE



Raiders Of The Lost Ark

Tuesday, 9pm, Film4

This blockbuster kick-started a franchise that has yielded four films, with another due out in 2023. Harrison Ford plays the archaeologist trying to track down the lost Ark of the Covenant. (1981/PG) ★★★★



The Elephant Man

Thursday, 9pm, BBC Four

"I am not an animal. I am a human being," says Joseph Merrick in this movie. John Hurt stars in a moving account of the life of the man with severe deformities who is befriended by Anthony Hopkins' doctor. (1980/PG) ★★★★



2 Fast 2 Furious

Friday, 9pm, ITV2

With no Vin Diesel in sight, it was up to Tyrese Gibson to step up as Paul Walker's accomplice in this sequel. They try to take down a drug lord in Miami. It's pure cheese, but the car chases are electrifying. (2003/15) ★★★



Erin Brockovich

Thursday, 8pm, Sky Cinema Drama

A single mother goes to work at a law firm and ends up taking on a company suspected of contaminating a town's water supply. Fact-based drama starring Julia Roberts. (2000/15) ★★★★

SKY PREMIERE

SUNDAY 11 SEPTEMBER

BBC One

6.00am Breakfast 7.40 Match of the Day (R) 9.00 Sunday with Laura Kuensberg 10.00 **LIVE** Great North Run. Coverage of the world's biggest half-marathon. 12.10pm **News** 12.15 **LIVE** MOTD: Women's Super League. Chelsea v West Ham United (Kick-off 12.30pm).
2.35 Songs of Praise Exploring Carlisle Cathedral on its 900th anniversary.
3.10 Points of View Tina Daheley presents viewers' comments.
3.25 Lifeline Sick Children's Trust.
3.35 Escape to the Country A couple from Northampton look for a new home in Norfolk. (R)
4.35 Attenborough's Wonder of Song Seven recordings of animals singing. (R)
5.35 News; Regional News
6.00 Countryfile Rural developments.

7

7.00 Antiques Roadshow Fiona Bruce presents the show from Sefton Park Palm House in Liverpool, where finds include a Ming vase bought in a charity shop, Beatles memorabilia and a painting by George Melly.

8

8.00 NEW Frozen Planet II The first episode begins in Antarctica, where emperor penguin chicks are abandoned by their parents as spring begins and must find their way across the sea ice to the rich waters of the Southern Ocean.

9

9.00 The Capture Carey thinks someone has got to Isaac when he backs out of their shared plan. As she closes in on the truth, it takes her into greater danger than ever before. Thriller, starring Holliday Grainger.

10

10.00 News; Regional News Today's headlines. **10.30 Match of the Day 2** Mark Chapman presents highlights, featuring Arsenal v Everton, West Ham United v Newcastle United and Crystal Palace v Manchester United.

11.35 The Women's Football Show Action from the opening matches of the season in the Super League, including Chelsea v West Ham United, Manchester City v Arsenal, Reading v Liverpool, Tottenham v Manchester United and Everton v Leicester City. **12.15-6.00am BBC News**

BBC Two

6.05am Gardeners' World (R) 7.05 Countryfile (R) 8.00 Beechgrove (R) 8.30 Weatherman Walking (R) 9.00 Coast Great Guides: East Anglia (R) 10.00 Saturday Kitchen Best Bites 11.30 Nadiya's Everyday Baking (R) 12.00noon Nigel Slater's Simple Suppers (R) 12.10pm **LIVE** Great North Run. Further live coverage of the world's biggest half-marathon.
2.00 Super League Playoff Highlights Elimination play-offs.
3.00 The Hotel People The Sieve Donard has its most important wedding of the season. (R)
4.00 Saving Lives at Sea The Lyme Regis crew face a frantic search for three fishermen. (R)
5.00 Great North Run Highlights Action from the half-marathon.
6.00 Golf: PGA Championship Highlights of day four.

7

7.00 Cricket: Today at the Test England v South Africa. Action from day four of the Third Test, held at The Oval. England lost their last Test here by 157 runs against India last year to end a run of three straight victories in this format.

8

8.00 NEW Stolen: Catching the Art Thieves Documentary featuring first-hand accounts of Europe's most daring art heists, starting with the theft of JMW Turner's *Shade and Darkness* and *Light and Colour* in 1994.

9

9.00 NEW Simon Reeve's South America The author and adventurer sets off on a journey through the continent, beginning in the northeast, taking in Venezuela, Guyana, Suriname and French Guiana.

10

10.00 How To with John Wilson The filmmaker explores people's ability – or otherwise – to remember things. **10.25 Stewart Lee: Tornado** Stand-up performance filmed at York Theatre Royal.

11.25

FILM Out of Blue (2018/15) A New Orleans cop investigates the murder of a black hole expert found shot dead in her observatory. Drama, starring Patricia Clarkson. **1.10am The Hotel People** (R) **2.10 Days That Shock the BBC** with David Dimbleby (R) **3.10-6.30am This Is BBC Two**

ITV

6.00am CITV 8.25 **ITV News** 8.30 Katie Piper's Breakfast Show. With Rosie Jones and Kevin Clifton. **9.25 Love Your Weekend** with Alan Titchmarsh. With Maureen Lipman and Charlie Stemp. **11.20 English Football League Highlights** (R)
1.20pm ITV News; Weather
1.30 LIVE ITV Racing: Irish Champion's Weekend – The Curragh Ed Chamberlin presents coverage of day two of the Irish Champions Weekend, which takes place at The Curragh.
4.30 Ninja Warrior UK: Race for Glory Obstacle challenge. (R)
5.30 Tipping Point: Best Ever Finals Coin-drop quiz. (R)
6.00 ITV News; Weather
6.20 Regional News; Weather
6.30 Celebrity Lingo Quiz show.

7

7.30 Gino's Italy: Like Mamma Used to Make Gino D'Acampo heads to Procida off the coast of Naples, where he meets two women who are at the top of their game and are changing the culinary landscape.

8

8.00 Ridley After a chance encounter with jazz singer Eve Marbury, the former detective agrees to help find her brother, who has been missing for 40 years. When a woman is found dead, dark secrets that have been

9

buried for decades begin to emerge. Crime drama inspired by real life retired detectives re-joining increasingly over-stretched police forces in a consultancy role, starring Adrian Dunbar and Bronagh Waugh.

10

10.00 ITV News; Weather **10.15 Bradley & Barney Walsh: Breaking Dad** The actor and his son embark a journey through Europe. (R) **10.40 Gallagher Premiership Rugby Union Highlights**

11.40

FILM Against the Odds Guillermo Balague and Seb Hutchinson interview midfielder Cesc Fabregas, who discusses his illustrious career with Barcelona, Arsenal, Chelsea and Spain. (R) **12.40am Shop: Ideal World** 3.00 Unwind with ITV **5.05-6.00am Save Money: Lose Weight** (R)

12.15

FILM Wycliffe 8.00 Long Lost Family **9.00 Joanna Lumley's Home Sweet Home – Travels in My Own Land**. The final episode takes Joanna from North Wales to St Michael's Mount. **10.00 Endeavour** The discovery of a 2,000-year-old body provides fresh clues in a missing persons case. **11.50 Agatha Christie's Poirot** 3.05am **Emmerdale** **Omnibus** 5.45-6.00am **Unwind with ITV**

13.00

FILM Carry On Constable (1960/U, b/w) Comedy, starring Sid James. **12.45pm Bee Movie** (2007/U) A bee sues the entire human race for stealing the honey his species works hard to

Channel 4

6.00am The King of Queens Triple bill. (R) **7.15 Everybody Loves Raymond** (R) **8.30 The Simpsons** (R) **9.30 Sunday Brunch**. With guests Harry Hill, Melvin Odum and Matt Goss. **12.30pm Jamie's One-Pan Wonders** (R)
1.00 The Simpsons Four episodes. Marge campaigns against a combat sport; Marge begins a new life protecting endangered aquatic creatures; Homer and Marge reignite their love life; the Simpson family go on holiday to London. (R)
3.05 FILM Transformers: The Last Knight (2017/12) The shape-changing robots must find an ancient artefact to protect Earth from their own creator. Sci-fi adventure sequel, starring Mark Wahlberg. **4.00 Channel 4 News**

7

6.30 Formula 1 Italian Grand Prix Highlights Action from the 16th round of the season, held at Autodromo Nazionale di Monza, one of the fastest tracks on the calendar. Max Verstappen of Red Bull

8

qualified fastest here last year, but failed to finish the race. There was a surprise McLaren one-two for Daniel Ricciardo and Lando Norris respectively here last year after a crash between title-challengers Lewis Hamilton and Max Verstappen.

9

9.00 Celebrity SAS: Who Dares Wins The celebrity recruits face a series of trust exercises. When some of the group lose equipment and fail to keep their kit dry, all the recruits are punished for the mistake.

10

10.00 Gogglebox The critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and the lively discussions that are prompted by the week's biggest and best shows. (R)

11.00

FILM The Hobbit: An Unexpected Journey (2012/12) Fantasy adventure, starring Martin Freeman and Ian McKellen. **2.35am Ramsay's Kitchen Nightmares USA** (R) **2.50 Couples Come Dine with Me** (R) **3.45 Hollyoaks Omnibus** (R) **5.45-6.10am Drawers Off** (R)

12.55

am Entertainment News on 5 **1.00 The LeoVegas Live Casino Show** **3.00 Entertainment News on 5** **3.05 Britain's Favourite Cereal**. A look at the nation's best loved breakfast staples. (R) **4.45 Amazing Cakes & Bakes** (R) **5.30 Peppa Pig** (R) **5.35 Paw Patrol** (R) **5.50-6.00am Fireman Sam** (R)

Channel 5

6.00am Milkshake! Children's fun. **10.00 The Smurfs** Gargamel tempts Clumsy with a magic amulet. (R) **10.15 SpongeBob SquarePants** (R) **10.25 Entertainment News on 5** **10.30 NFL End Zone** Action from the latest matches in the NFL. **11.00 Friends** Triple bill. (R) **12.35pm FILM The Poseidon Adventure** (1972/PG) Disaster movie, starring Gene Hackman and Ernest Borgnine. **3.10 FILM Close Encounters of the Third Kind** (1977/PG) A man's obsession with UFOs drives his family away and leads him to where aliens are about to make contact. Sci-fi drama, with Richard Dreyfuss. **5.55 5 News Weekend** Headlines. **6.00 Happy Campers: The Caravan Park** Events at two West Country holiday camps. (R)

7

7.00 Billionaire Resorts: On Holiday with the Super Rich A look at the Datai resort on the tropical Malaysian island of Langkawi, where guests enjoy the height of luxury in the middle of a 10-million-year-old rainforest.

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8.00 Million Pound Motorhomes Bath coachbuilder Tom shows how he is using a Land Rover to create a motorhome from the engine up, while Jayne Whittaker shows off her unique motorhome business.

9

9.00 Rich House, Poor House Racehorse breeder Nick Bradley swaps lives for a week with Scunthorpe single mum Sue Bowers, who works four jobs to keep afloat and provide for her son. Last in series.

10

10.05 Bargain-Loving Brits in the Sun Cameras focus on Tracey and Mike, who run two bars. (R) **10.55 80s Greatest Pop Videos: 1982** A visual celebration of the best music of the year. (R)

11.00

am Entertainment News on 5 **1.00 The LeoVegas Live Casino Show** **3.00 Entertainment News on 5** **3.05 Britain's Favourite Cereal**. A look at the nation's best loved breakfast staples. (R) **4.45 Amazing Cakes & Bakes** (R) **5.30 Peppa Pig** (R) **5.35 Paw Patrol** (R) **5.50-6.00am Fireman Sam** (R)

ITV2

6.00am Totally Bonkers Guinness World Records **6.35 Love Bites** 8.30 **Dress to Impress** 11.25 **Take Me Out** 12.55pm **The Masked Dancer** 2.25 **FILM** Rio 2 (2014/U) Parrots Jewel and Blu and their three chicks leave home to make a journey up the Amazon. Animated comedy sequel, with the voices of Jesse Eisenberg and Anne Hathaway. **4.30 FILM** Smurfs: The Lost Village (2017/U) A map sends Smurfette, Brainy, Clumsy and Hefty on a quest into the Forbidden Forest. Animated adventure, with the voices of Demi Lovato and Julia Roberts. **5.35 FILM** Wonder Woman (2017/12) An Amazon princess

ITV3

6.00am That's My Boy 6.40 **Emmerdale** **Omnibus** 9.20 **FILM** That Riviera Touch (1966/PG) Comedy, starring Morecambe and Wise. **11.20 The Ruth Rendell Mysteries** 1.35pm Agatha Christie's

ITV4

leaves her isolated island during the First World War, aiming to bring the conflict to an end. Fantasy adventure, starring Gal Gadot and Chris Pine. **9.00 Family Guy** Five episodes. **11.30 American Dad!** 12.25am Iain Stirling's CelebAbility **1.10 Don't Hate the Playaz** 1.55 **Totally Bonkers** Guinness World Records **2.20 World's Funniest Videos** 2.55 **Unwind** 3.00-6.00am **Teleshopping**

Poipot

6.15 Wycliffe 8.00 **Long Lost Family** 9.00 **Joanna Lumley's Home Sweet Home – Travels in My Own Land**. The final episode takes Joanna from North Wales to St Michael's Mount. **10.00 Endeavour** The discovery of a 2,000-year-old body provides fresh clues in a missing persons case. **11.50 Agatha Christie's Poirot** 3.05am **Emmerdale** **Omnibus** 5.45-6.00am **Unwind with ITV**

FILM4

11.00am Carry On Constable (1960/U, b/w) Comedy, starring Sid James. **12.45pm Bee Movie** (2007/U) A bee sues the entire human race for stealing the honey his species works hard to

make.

Animated comedy, featuring the voices of Jerry Seinfeld, Renee Zellweger and Chris Rock. **2.35 The Adventures of Tintin** (2011/PG) A reporter goes on a globetrotting quest to find a sunken ship containing a pirate's lost treasure. Animated adventure, with the voices of Jamie Bell and Andy Serkis. **4.45 Teenage Mutant Ninja Turtles** (2014/12) Four humanoid amphibians use their martial arts skills to protect New York from a criminal organisation. Fantasy adventure, starring Megan Fox and Will Ferrell. **6.50 The Eagle** (2011/12) A Roman centurion and his British slave journey into the wilds of Scotland to recover the standard of a lost legion. Action adventure, starring Channing Tatum and Jamie Bell. **11.20-3.35am** **I Origins** (2014/15) A biologist believes he has discovered a shocking secret about the human race while investigating the evolution of eyes. Drama, starring Michael Pitt and Brit Marling. **12.35pm Entertainment News on 5**

VARIATIONS

BBC Scotland

12.00noon This Is BBC Scotland **7.00pm** The Seven **7.15** Sportscene: Premiership Highlights. Hearts v St Mirren. **8.15** Rewind 2000s **8.30** Born to Be Wild. Following life at the SSPCA's wildlife rescue centre. **9.00** In Search of Sir Walter Scott. The legacy of the novelist and poet. **10.00** Still Game. Part two of two. A trip to the cinema creates a mystery for Jack and Victor. **10.30** Martin Compston's Scottish Fling. The actor travels across his homeland with his friend Phil MacHugh. **11.00pm-12.00m't** Seven Days



BBC One Scotland

As BBC1 except: **5.50-5.55pm** Reporting Scotland **11.35** Sportscene: Premiership Highlights. Hearts v St Mirren. **12.35am** The Women's Football Show **1.10** Weather for the Week Ahead **1.15-6.00am** BBC News

BBC One Wales

As BBC1 except: **3.35pm** Money for Nothing **4.05** Our Lives: Hell's Belles. A world record attempt for the largest gathering of female motorcyclists. **4.35** Iolo: A Wild Life. Iolo Williams recalls 800 ravens roosting in Newborough Forest, Anglesey. **5.05-5.35pm** Wales' Home of the Year. Properties in the South West include a cottage overlooking a Norman castle.

STV

As ITV except: **1.30-4.30pm** **LIVE** STV Racing: Irish Champion's Weekend – The Curragh. Day two. **6.20-6.30** STV News **7.30-8.00** Sean's Scotland. Sean Batty travels to the Isle of Tiree. **10.15-10.40** Gino's Italy: Like Mamma Used to Make. Gino D'Acampo heads to Procida off the coast of Naples. **3.50-5.05am** Unwind with STV

ITV Wales

As ITV except: **7.30-8.00pm** The Mart. The final market before lambing season starts.

S4C

6.00am Cyw **8.50** Penblwyddi Cyw **9.00** Garddio a Mwy **9.30** Welsh Whisperer – Ni'n Teithio Nawr! **10.00** Y Fets **11.00** Dechrau Canu Dechrau Canmol **12.00noon** Yr Wythnos **12.30pm** Cwpan Rygbi 7 Bob Ochor y Byd 2022 **1.00** Rygbi Pawb **1.45** Gwesty Aduniad **2.45** Cynefin **3.45** Trefi Gwylt Iolo **4.15** Cheer am Byth **4.40** Lorient 2022 **5.40** Cefn Gwlad **6.10** Pobol y Cwm Omnibus **7.15** Newyddion a Chwaraeon **7.30** Dechrau Canu Dechrau Canmol **8.00** NEW Prospect Pum Mil. Efforts are made to refurbish Theatr Fach Llangeini. **9.00** Terfysg yn y Bae. The 1919 Cardiff Race Riots. **10.00** Cwpan Rygbi 7 Bob Ochor y Byd 2022 **10.30** Y Babell Lên a Mwy **11.30pm-12.05am** Codi Pac

Ridley

8pm, ITV

Reviews have been mixed for this new police drama in which *Line Of Duty* star Adrian Dunbar plays a troubled ex-cop who can't let an old case go. Perhaps fans of the aforementioned BBC saga are just hoping the actor will be back as Ted Hastings some day soon. *Ridley* continues tonight as the former DI has a chance encounter with jazz singer Eve Marbury (Joanna Riding). He agrees to help locate her missing brother, but when a woman is found dead, dark secrets emerge.



Celebrity SAS: Who Dares Wins

9pm, Channel 4

The second week begins with the recruits jumping from a helicopter in pairs before working together to get to shore. When some of the group lose equipment and fail to keep their kit dry, they all have to endure a punishment boasting. Next, they take the life of a teammate in their hands as one of them freefalls from a 150ft cliff. Will former *Brookside* actress Jennifer Ellison and reality TV star Ferne McCann overcome their trust issues?



Frozen Planet II

8pm, BBC One

As temperatures rise, the poles are vanishing before our eyes. In 2011, *Frozen Planet* gave viewers an insight into life in these regions, and now Sir David Attenborough is back with six new films. Tonight's opener begins in Antarctica, where emperor penguin chicks must find their own way across the treacherous sea ice. Plus, in the shadow of the Himalayas – the tallest mountain range on Earth – lies a frozen plain, home to the Pallas's (or world's grumpiest) cat.

The week in soap



Emmerdale

Monday-Friday, ITV

Kim feels shocked and betrayed to discover her son Jamie is alive and that Hazel has ended up in hospital after he pushed her down the stairs. She is horrified both at his actions and the fact that Hazel has been hiding him. She calls the police before taking granddaughter Millie back to Home Farm. Then, all the hurt and betrayal boils over as Kim smashes up the house – then faces more agony when Millie runs away.

EastEnders

Monday-Thursday, BBC One

Mick encourages Frankie to report the attack to the police and supports her as she gives her statement to Jack. However, she's upset when he says it will be difficult to get a conviction.

Kat and Phil's wedding day arrives. Sharon finally confesses her love and begs Phil not to get hitched. And Kat is in for another shock when Alfie rocks up.

Frankie is despondent after she and Lola are hassled by some guys. Later she pulls up Denzel and Nugget about their behaviour towards Amy. Dotty and Finlay find a bond as they chat about their fathers.

Coronation Street

Monday, Wednesday, Friday, ITV

Toyah makes a confession, shocking Leanne and Spider when she reveals she deliberately crashed the car with the intention of killing Imran. At the trial, Leanne advises Toyah to let her solicitor do the talking. But when Saira claims Toyah was having an affair with Spider and planned to kill Imran, she can't take any more and declares she's taking the stand herself. Later, the court delivers its verdict. Will Toyah be heading off to prison?

Kelly and Aadi throw an engagement party. However, when Sharon hears Kelly ask Gary to be best man, she's horrified, knowing he killed her dad, Rick. Later, the pressure is on Gary when Kelly receives a bag containing some of her mum's belongings that had been left in Spain. Realising that her mother was in Spain on the day she supposedly killed Rick, Kelly demands to know who the real killer is.

MORE4

Freeview 18

8.55am George Clarke's Amazing Spaces **9.55** Ugly House to Lovely House with George Clarke **11.00** George Clarke's Old House, New Home **12.00noon** Come Dine with Me **2.40pm** Four in a Bed **5.20** Come Dine with Me **8.00** The Dog House. Nervous labrador Loki arrives at the centre. **9.00** I Survived 9/11. Documentary about the survivors of the World Trade Center attacks. **10.00** 9/11: The Falling Man. A defining image of the terrorist attacks. **11.35** Emergency Helicopter Medics **12.40am** 8 Out of 10 Cats Does Countdown **1.45** I Survived 9/11 **2.50-3.50am** Emergency Helicopter Medics

E4

Freeview 13

6.00am Hollyoaks Omnibus **8.20** Ramsay's Kitchen Nightmares USA **9.25** Married at First Sight UK **2.00pm** The Big Bang Theory **4.55** Lego Masters Australia **6.15** Wipeout USA **7.15** FILM Bride Wars (2009/12) Two lifelong best friends become bitter rivals when their weddings are scheduled to take place on the same day and at the same venue. Comedy, starring Kate Hudson and Anne Hathaway. **9.00** Married at First Sight UK: Unveiled. AJ Odudu is joined by TV presenter and author Grace Dent, comedian Suzi Ruffell and Made in Chelsea's Miles Nazaire to dissect the week's drama. **10.00** Rick and Morty.

SKY SHOWCASE

6.00am The Mighty Ones **8.05** The Slow Mo Guys' Big Adventures **8.35** The Simpsons **9.30** Formula 1 **11.45** Micro Monsters with David Attenborough **12.35pm** Monkeys: An Amazing Animal Family **3.30** The Simpsons **6.30** **LIVE**

WSL

Manchester City v Arsenal (Kick-off 7.00pm). Live coverage of the top-flight match at Academy Stadium. **9.00** S.W.A.T. Hicks witnesses the assassination of an old friend and the team races to find the shooter and determine why he was targeted. Luca's brother is arrested. **10.00** NCIS: Los Angeles. An employee of the navy's missile defence programme is murdered. **11.00** Formula 1. The Italian Grand Prix. The Italian Grand Prix. Highlights of the 16th round of the season at Autodromo Nazionale di Monza. **12.00m't** An Idiot Abroad 2 **1.00am** The Blacklist **2.00** The Force: North East **3.00** Hawaii Five-0 **4.00** Nothing to Declare **5.00-6.00am** The Early Rundown

GOLD

6.00am Teleshopping **7.10** Citizen Khan **8.20** Only Fools and Horses **4.30pm** Death on the Tyne **6.30** Only Fools and Horses **8.20** Dad's Army. The platoon tries morris dancing. **9.00** Billy Connolly Does... The Big Yin offers words of wisdom on the subject of fatherhood. **10.00** Men Behaving Badly. Deborah and Dorothy take a weekend break. **10.40** The Royle Family. Jim and Barbara are left holding the baby. **11.20** Ghosts. Double bill. **12.35am** Peep Show **1.45** Roger & Val Have Just Got In **3.00** Billy Connolly Does... **4.00-6.00am** Teleshopping

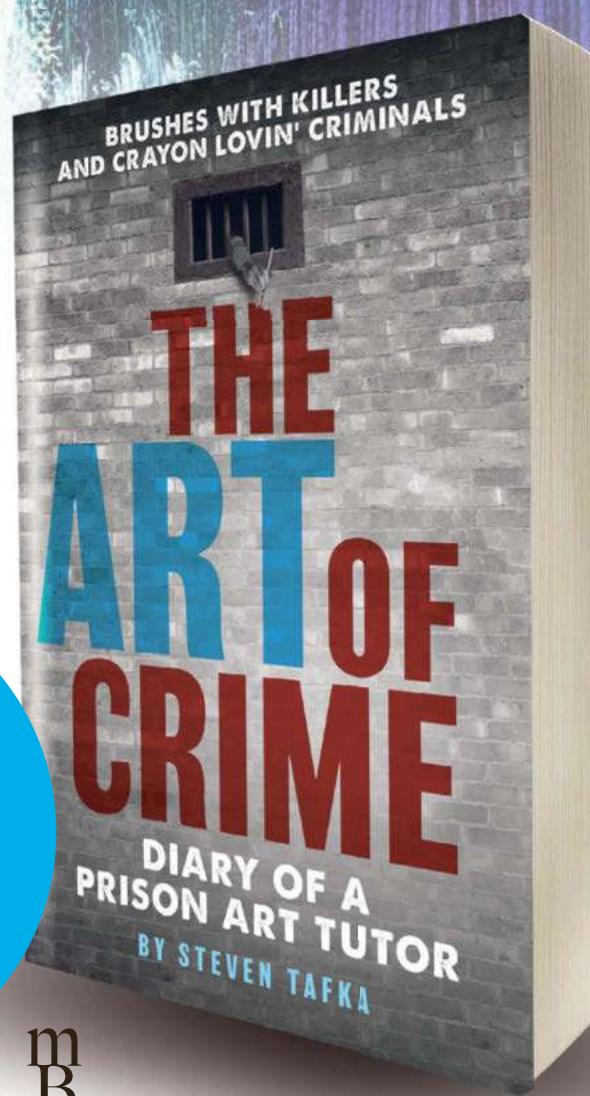
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MONDAY 12 SEPTEMBER

TV
GUIDE

BBC One Freeview 1

7.00 **The One Show** Magazine.
7.30 **EastEnders** Phil and Kat's wedding day arrives.
8.00 **Panorama** Jane Corbin investigates the smugglers who get people into Britain.
8.30 **We Are England**
9.00 **The Capture** Carey is kidnapped and interrogated by a surprising face. Last in series.
10.10 **News: Regional News**
10.50 **Have I Got a Bit More News for You** Quiz show.
11.35 **Ellie & Natasia** Double bill.

BBC Two Freeview 2

7.00 **Cricket: Today at the Test** England v South Africa.
8.00 **Only Connect** Quiz show.
8.30 **University Challenge**
9.00 **The Boys from Brazil: Rise of the Bolsonaros** A look at Jair Bolsonaro's campaign for the 2018 presidential election.
10.00 **Frankie Boyle's Tour of Scotland** Travelling from Oban to Glasgow.
10.30 **Newsnight** Current affairs.
11.15 **The Aftermath** Drama, starring Keira Knightley. ★★★★ (2019/15)

ITV Freeview 3

6.30 **ITV Evening News**
7.30 **Emmerdale** Kim is shocked to learn Hazel has been involved in a car accident.
8.00 **Coronation Street** Toyah confesses to Spider that she lied to the police.
9.00 **The Suspect** Joe starts on a new path of investigation.

10.00 **ITV News** Headlines.
10.30 **Regional News** Reports.
10.45 **Police, Camera, Murder**
11.45 **All Elite Wrestling: Dynamite** Grappling action.

Channel 4 Freeview 4

7.00 **Channel 4 News**
8.00 **Food Unwrapped**
8.30 **Jamie's One-Pan Wonders** A flavour-packed, simple gnocchi supper.
9.00 **24 Hours in A&E** A patient is struggling to breathe.
10.00 **Second Hand for 50 Grand** Fashion model Amy Neville is after a luxury bag.
11.05 **Naked Attraction**

Channel 5 Freeview 5

7.00 **Police Interceptors** A dangerous driver leads the team on a white-knuckle ride across Nottinghamshire; 5 News Update
8.00 **Motorway Cops: Catching Britain's Speeders** PC Andy Doran makes his way to the scene of a collision on the A6; 5 News Update
9.00 **LIVE DEBATE: Can't Eat, Can't Heat - Who's Going to Sort It, and How?** Jeremy Vine chairs a discussion on the cost of living crisis.
10.00 **Casualty 24/7: Every Second Counts**
11.05 **999: Critical Condition**

ITV2 Freeview 6

7.00 **Secret Crush** Gameshow.
8.00 **Bob's Burgers** Double bill.
9.00 **Family Guy** Animation.

9.30 **American Dad!** Cartoon.
10.00 **Family Guy** Triple bill.
11.30 **American Dad!** Cartoon.

ITV3 Freeview 10

6.00 **Heartbeat** Double bill.
8.00 **Endeavour** The detective investigates the murder of a schoolgirl.
10.00 **The Bay** Double bill.

Film4 Freeview 14

5.30 **Carry On Cabby** Comedy, with Sid James and Hattie Jacques. ★★★ (1963/PG)

7.20 **Table 19** Comedy, starring Anna Kendrick and Craig Robinson. ★★★ (2017/12)

9.00 **A Beautiful Day in the Neighborhood** Premiere. Drama, starring Tom Hanks. ★★★ (2019/PG)

11.10 **Logan** Fantasy adventure, starring Hugh Jackman. ★★★ (2017/15)

Sky Showcase

6.30 **The Simpsons** Triple bill.

8.00 **David Attenborough's Kingdom of Plants**

9.00 **The Great Debate** New series. Trevor Phillips returns with the discussion programme.

10.00 **Hitch** Romantic comedy, starring Will Smith and Eva Mendes. ★★★ (2005/12)

GOLD

6.40 **Dad's Army** Double bill.

8.00 **Only Fools and Horses**

9.20 **Bottom** Double bill.

10.40 **This Time with Alan Partridge** Comedy series.

11.20 **Christmas with the Royle Family** Festive special.

EastEnders

7.30pm, BBC One
What's the chance of Phil and Kat making it down the aisle like a normal couple? If previous



weddings in soapland are anything to go by, we'd say very slim indeed. Among those trying to throw a spanner in the works is Sharon, who attempts to win the groom back saying they were good together – some people have very short memories. Then, Kat is in for a shock when a face from her own past reappears.

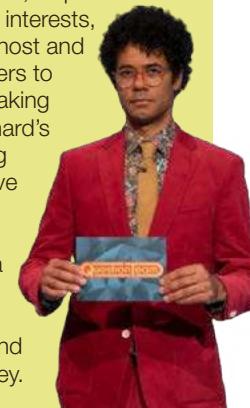


Second Hand For 50 Grand

10pm, Channel 4
Fashion model Amy Neville is after a luxury bag to celebrate her daughter's birth, while young boxer John Hedges is thinking about treating himself to a top timepiece. Xupes CEO Joe finds a watch that was once owned by a member of the SAS. Surely such a unique piece will fetch a good price?

Question Team

10pm, Dave
Richard Ayoade returns with a second run of the comedy panel show. Three comedians bring along their own round of questions, inspired by their interests, for the host and the others to play. Making up Richard's quizzing collective are Jo Brand, Thanyia Moore, Josh Pugh and Bill Bailey.



TUESDAY 13 SEPTEMBER

BBC One Freeview 1

7.00 **The One Show** Magazine.
7.30 **EastEnders** Kat is less than pleased to see Alfie, who begs her not to marry Phil.
8.00 **Fake or Fortune?** The origins of an epic old master hanging in a Port Glasgow church. Last in series.
9.00 **Celebrity MasterChef** The finalists cater for afternoon at Alexandra Palace.
10.00 **News: Regional News**

10.40 **Ambulance** An elderly woman appeal for help in caring for her husband.

11.40 Question of Sport

BBC Two Freeview 2

5.30 **Live Women's T20 Cricket** England v India.
9.30 **Inside the Factory XL: Diggers** Gregg Wallace and Cherry Healey visit a factory that makes yellow diggers.
10.30 **Newsnight** Current affairs.
11.15 **Martin Compston's Scottish Fling**
11.45 **Sus** Drama, starring Clint Dyer. ★★★ (2010/15)

ITV Freeview 3

6.30 **ITV Evening News**
7.30 **Emmerdale** The police show Kim definitive proof that Jamie is alive.
8.00 **Vera** The detective must unravel the mystery of a man found beaten to death.
10.00 **ITV News** Headlines.
10.30 **Regional News** Reports.
10.45 **The Thief, His Wife and the Canoe: The Real Story** Documentary about John Darwin.

11.40 **Heathrow: Britain's Busiest Airport** Passenger experience manager Demi deals with an emergency.

Channel 4 Freeview 4

7.00 **Channel 4 News**
8.00 **The Great British Bake Off** New series. Noel Fielding and Matt Lucas welcome 12 new contestants into the tent.
9.30 **First Dates Hotel** Twins arrive at the Italian hotel on the lookout for love.
10.30 **Rosie Jones' Trip Hazard** Rosie and Lady Leshurr face a 418ft abseil challenge in Northampton.

11.35 **Gogglebox** More recent TV shows are appraised.

Channel 5 Freeview 5

7.00 **Dogs Behaving (Very) Badly** Graeme Hall treats a dog that has become aggressive towards other dogs; 5 News Update
8.00 **The Yorkshire Vet** Julian Norton meets a champion ferret that has an infected foot; 5 News Update
9.00 **The Pyrenees with Michael Portillo** The broadcaster retraces the route his father used to flee Spain in 1939. Last in series.
10.00 **Getting Away with Murder: The Killing of Mary Gough** Investigating the death of Mary Gough.

ITV2 Freeview 6

7.00 **Secret Crush**
8.00 **Bob's Burgers** Double bill.
9.00 **Family Guy** Double bill.
10.00 **Plebs** Double bill.

11.00 **Family Guy** Animation.
11.30 **American Dad!** Double bill.

ITV3 Freeview 10

6.00 **Heartbeat** Double bill.
8.00 **Martin Clunes: Islands of the Pacific** The actor begins his tour with a look at French Polynesia.
9.00 **Midsomer Murders**
11.00 **Professor T** Double bill.

Film4 Freeview 14

7.05 **Fantastic Four** Superhero adventure, starring Miles Teller. ★★ (2015/12)

9.00 **Raiders of the Lost Ark** Steven Spielberg's action adventure, with Harrison Ford and Karen Allen. ★★★★ (1981/PG)

11.15 **A Hidden Life** Drama, with August Diehl and Valerie Pachner. ★★★ (2019/12)

Sky Showcase

6.30 **The Simpsons** Triple bill.

8.00 **A League of Their Own**

9.00 **The Blacklist** Aram turns to an unusual outlet for release.

10.00 **The 74th Annual Primetime Emmy Awards** Highlights of the ceremony honouring excellence in TV.

GOLD

6.40 **Dad's Army** Double bill.

8.00 **Only Fools and Horses**

8.40 **Murder, They Hope** Whodunit comedy caper, starring Johnny Vegas.

9.40 **Bottom** Double bill.

11.00 **This Time with Alan Partridge** Alan meets his own celebrity lookalike.

11.40 **Billy Connolly Does...**

The Great British Bake Off

8pm, Channel 4
The search for the successor to Giuseppe Dell'Anno, who triumphed back in November, begins, as Noel and Matt



welcome a fresh batch of hopefuls to the tent. We begin with cake week, as the bakers are asked to produce 12 perfect mini cakes, before a sponge cake in the Technical. For the Showstopper, they use sponge again to make a scaled-down version of a home.



Married At First Sight UK

9pm, E4
It's the second dinner party of the experiment in which a group of brave singles put their faith in the matchmaking skills of experts Paul C Brunson, Mel Schilling and Charlene Douglas. While most are looking forward to the evening, two grooms are far from happy as they arrive alone. Then, after dinner, the honesty box challenge turns up the heat on everyone, while one bride is left furious and everyone wants to know why.

Rosie Jones' Trip Hazard

10.30pm, Channel 4
This week, Rosie is joined by rapper Lady Leshurr as the duo prepare to abseil down the 418ft National Lift Tower in Northamptonshire. To get ready for the challenge, Rosie organises a high-octane tour of the county – including taking a flight in a microlight, visiting an anti-gravity yoga class, and driving a car at the iconic Silverstone racetrack.

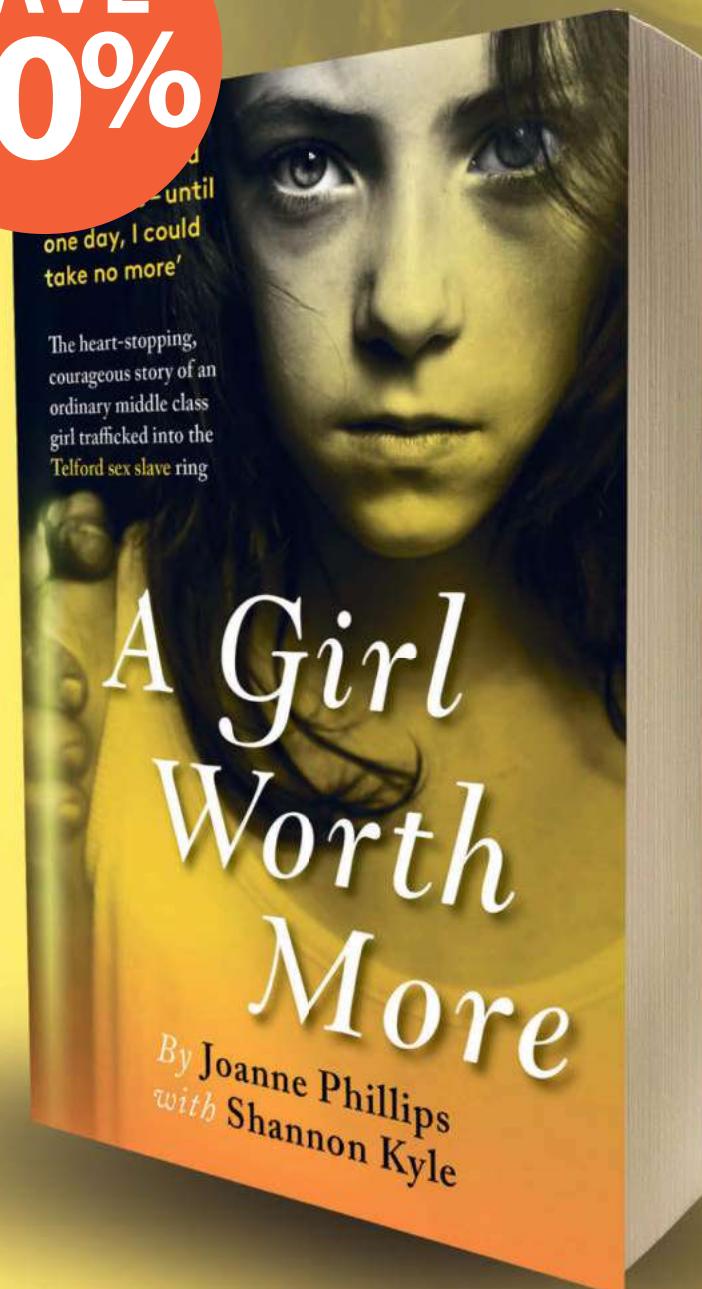


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WEDNESDAY 14 SEPTEMBER

TV
GUIDE

BBC One Freeview 1

7.00 **The One Show** With Alex Jones and Jermaine Jenas.
7.30 EastEnders It's crunch time for Kat as Alfie tries to win her back.
8.00 The Repair Shop Items include a secret wartime radio and a pair of seamstress scissors.
9.00 Shetland The team races to identify the killer and prevent disaster striking the town. Last in series.
10.00 News; Regional News
10.40 Rush Fact-based motor racing drama, with Chris Hemsworth and Daniel Bruhl. ★★★★ (2013/15)

BBC Two Freeview 2

7.00 **Celebrity Antiques Road Trip** Dom Joly and Pauline McLynn are in Lancashire.
8.00 Mary Berry – Cook & Share Mary shares dishes including shakshuka.
8.30 Nadiya's Everyday Baking Nadiya Hussain shares the speediest of her bakes.
9.00 Days That Shook the BBC with David Dimbleby Exploring the BBC's relationship with the British people. Last in series.
10.00 QI With Ed Gamble, Lou Sanders and Sindhu Vee.
10.30 Newsnight Current affairs.
11.15 Unspun World with John Simpson Global news.
11.40 The Boys from Brazil: Rise of the Bolsonaros A look at Jair Bolsonaro's campaign for the 2018 presidential election.

ITV Freeview 3

6.30 **ITV Evening News**
7.30 Emmerdale Harriet informs an anxious Kim that they have not found Millie.
8.00 Coronation Street Leanne begs Toyah not to say something she will regret.
9.00 Doc Martin The surgery is chaotic, with Martin and Louisa both now practising from it. Martin Clunes stars.
10.00 ITV News Headlines
10.30 Regional News Reports
10.45 Peston Political Magazine.
11.40 Heathrow: Britain's Busiest Airport

Channel 4 Freeview 4

7.00 **Channel 4 News**
8.00 Changing Rooms Two sets of Berkshire neighbours make over a room in each other's homes. Last in series.
9.00 Grand Designs Building an underground home on a hill near Canterbury.
10.00 Football Dreams: The Academy The final episode focuses on the under-18s.
11.05 The Great Elizabeth pronounces that Catherine's baby will be born in five days. Elle Fanning stars.

Channel 5 Freeview 5

7.00 **The Highland Vet** A seal is brought in to the large animal wing; 5 News Update
8.00 Police Interceptors The work of a high-speed police interception unit; 5 News
9.00 Casualty 24/7: Every Second Counts An man is rushed in with possible sepsis.
11.15 The Russell Howard Hour

ITV2 Freeview 6

10.00 **Ambulance: Code Red** A stabbing in Birmingham.
11.05 A&E After Dark
ITV2 Freeview 6
7.00 Secret Crush Gameshow.
8.00 Bob's Burgers Double bill.
9.00 Gordon, Gino and Fred: American Road Trip
10.00 Family Guy Triple bill.
11.30 American Dad! Double bill.

ITV3 Freeview 10

6.00 **Heartbeat** Double bill.
8.00 Lewis A professor is found dead after her dating video is leaked onto a website.
10.00 Professor T Double bill.

Film4 Freeview 14

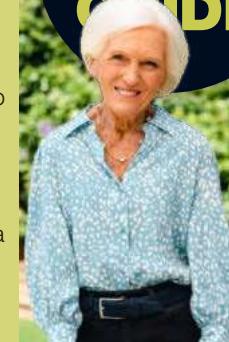
6.35 **Sahara** Adventure, starring Matthew McConaughey.
★★★ (2005/12)
9.00 Indiana Jones and the Temple of Doom Action adventure, starring Harrison Ford. ★★★★ (1984/12)
11.20 Sicario Crime drama, starring Emily Blunt.
★★★★ (2015/15)

Sky Showcase

6.30 **The Simpsons** Five back-to-back episodes.
9.00 Never Mind the Buzzcocks Music quiz.
9.45 Brassic Comedy drama.
10.45 Bloods Paramedic comedy.
11.15 The Russell Howard Hour
GOLD
6.40 **Dad's Army** Double bill.
8.00 **Only Fools and Horses**
8.40 **Murder, They Hope**
9.40 **Bottom** Double bill.
11.00 **Live at the Apollo**

Mary Berry – Cook & Share

8pm, BBC Two
The city of Bristol is close to Mary's heart – it was not only the location of her first job but where her late son William attended university. As well as making a few new memories, such as visiting a Michelin-starred restaurant that embraces street art, the cook demonstrates how to make a prawn and courgette stir-fry, shakshuka served with garlic and parsley flatbreads, and pear and blueberry galettes.



Shetland

9pm, BBC One
It's no secret that actor Douglas Henshall is bowing out after appearing in the acclaimed Scottish drama for seven seasons. So expect plenty of emotion tonight, with Perez facing a life-changing decision, while the team races to identify the killer and prevent disaster striking Lerwick.



Doc Martin

9pm, ITV
With Martin and Louisa both working from Portwenn Surgery, it feels a bit cramped, so Louisa arranges a viewing when she learns her childhood dream home is on the market. Plus, Joe is called to West Cliff House again after noise complaints – but is there is more to it?

THURSDAY 15 SEPTEMBER

BBC One Freeview 1

7.00 **The One Show** Magazine.
7.30 EastEnders Dotty makes a confession to Vinny.
8.00 Celebrity MasterChef Finals Week continues as the four remaining cooks battle for the title.
9.00 Ambulance A patient starts hallucinating in the back of an ambulance. Last in series.
10.00 News; Regional News
10.40 Question Time Debate.
11.40 Newscast Discussion.

BBC Two Freeview 2

7.00 **Celebrity Antiques Road Trip** Actors Robert Daws and Mark Curry go antique hunting in Lancashire.
8.00 Saving Lives at Sea A girl is swept out to sea.
9.00 All That Glitters: Britain's Next Jewellery Star The jewellers make a best-selling brooch inspired by Birmingham's rich culture.
10.00 Stuck Double bill. Dan is feels insecure about his body; Carla struggles to contain Joy's anxiety.
10.30 Newsnight Current affairs.
11.15 Cricket: Women's T20 Highlights England v India.
11.45 Days That Shook the BBC with David Dimbleby

ITV Freeview 3

6.30 **ITV Evening News**
7.30 Emmerdale Charity prepares for her trip away.
8.00 The National Television Awards 2022 Joel Dommett hosts the 27th edition of the ceremony.

ITV Freeview 3

10.30 **ITV News** Headlines.
11.20 Who Wants to Be a Millionaire? Big-prize quiz.

Channel 4 Freeview 4

7.00 **Channel 4 News**
8.00 George Clarke's Old House, New Home George advises a couple transforming their Victorian terrace in Clapham.
9.00 My Grandparents' War: Kit Harington New series. The actor revisits his grandparents' experiences during the Second World War.

Channel 5 Freeview 5

10.00 Naked Attraction
11.05 Embarrassing Bodies
Channel 5 Freeview 5
7.00 Costco: How Do They Really Do It? A look at the workings of the membership-only retailer; 5 News Update
8.00 Save Money on Your Supermarket Shop How supermarket clothing matches up to the high street for quality and cost; 5 News Update

9.00 All Creatures Great and Small New series. Return of the drama, starring Nicholas Ralph and Samuel West.
10.00 Ben Fogle: New Lives in the Wild Ben meets a photographer living off the land in Oregon.

ITV2 Freeview 6

11.05 Police: Night Shift 999
ITV2 Freeview 6
7.00 Secret Crush Gameshow.
8.00 Bob's Burgers Double bill.

ITV3 Freeview 10

9.00 **Gordon, Gino and Fred: American Road Trip**
10.00 Shopping with Keith Lemon With Aitch.
10.30 Family Guy Double bill.
11.30 American Dad! Double bill.

Film4 Freeview 14

4.40 **Mary, Queen of Scots** Historical biopic, starring Vanessa Redgrave.
★★★★ (1971/PG)
7.15 Johnny English Strikes Again Comedy, with Rowan Atkinson. ★★★ (2018/12)
9.00 Indiana Jones and the Last Crusade Action adventure, starring Harrison Ford and Sean Connery.
★★★★ (1989/PG)
11.35 Wind River Crime drama, starring Jeremy Renner.
★★★★ (2017/15)

Sky Showcase

6.30 **The Simpsons** Triple bill.
8.00 An Idiot Abroad 2
9.00 A League of Their Own
10.00 Bloods Paramedic comedy.
10.30 The Russell Howard Hour
11.15 Wellington Paranormal Double bill of the comedy.
GOLD
6.40 **Dad's Army** Double bill.
8.00 **Only Fools and Horses**
8.40 **Murder, They Hope**
9.40 **Bottom** Double bill.
11.00 **Live at the Apollo**

All Creatures Great And Small

9pm, Channel 5
The wait is over for fans, as they finally get to find out how Helen Alderson (Rachel Shenton) and James Herriot's (Nicholas Ralph) romance plays out. It is now spring 1939, with big changes at Skeldale and war on the horizon. Tristan is now a qualified vet, and after being made joint business partner by Siegfried, James takes on more responsibility.



Stuck

10pm & 10.15pm, BBC Two
The surreal sitcom continues with two more short episodes. First up, Dan feels insecure about his body and heads out on a shopping spree. And his anxiety isn't helped when Carla runs into an old flame. Then, as Dan struggles to find work and Carla struggles to contain Joy's anxiety, things get tricky for the couple.





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FRIDAY 16 SEPTEMBER



BBC One Freeview 1

7.00 **The One Show**
 7.30 **We Are England**
 8.00 **Question of Sport**
 8.30 **Celebrity MasterChef**
 9.00 **Have I Got News for You**
 9.30 **Am I Being Unreasonable?** New series. Comedy thriller, starring Daisy May Cooper.
10.00 News; Regional News
10.40 Braveheart Oscar-winning historical epic, directed by and starring Mel Gibson. **★★★ (1995/15)**

BBC Two Freeview 2

7.00 **Grand Tours of Scotland's Lochs**
 7.30 **Beechgrove** Chilli growing.
 8.00 **Gardeners' World** Pruning summer fruiting raspberries.
9.00 Mortimer & Whitehouse: Gone Fishing Bob and Paul travel to the Crogen Estate in North Wales.
9.30 Martin Compston's Scottish Fling The actor heads to the Western Isles.
10.00 Mock the Week
10.30 Newsnight Current affairs.
11.05 MOTDx Football discussion
11.35 Stewart Lee: Tornado

ITV Freeview 3

6.30 **ITV Evening News**
 7.30 **Emmerdale** Bernice confronts Rishi.
8.00 Coronation Street Sharon visits Kelly to celebrate.
9.00 Professor T New series. Return of the crime drama, starring Ben Miller.
10.00 ITV News Headlines.
10.30 Regional News Reports.

10.45 Bradley & Barney Walsh: Breaking Dad Travelogue.
11.10 The NFL Show Action from Kansas City Chiefs v Los Angeles Chargers.

Channel 4 Freeview 4

7.00 Channel 4 News
8.00 The Great British Bake Off: An Extra Slice New series. With Harry Hill, Melvin Odom and Roisin Conaty.
9.00 Gogglebox More recent TV shows are appraised.
10.00 The Last Leg
11.05 8 Out of 10 Cats Does Countdown

Channel 5 Freeview 5

7.00 Susan Calman's Grand Day Out in the Welsh Mountains The comedian explores the spectacular peaks of North Wales; 5 News
8.00 The Cotswolds & Beyond with Pam Ayres Pam meets The Prince of Wales at Highgrove Gardens; 5 News
9.00 Digging for Treasure: Tonight The team sets up camp in the shadow of Southwark Cathedral in London. Last in series.
10.00 Sudden Impact Crime thriller sequel, directed by and starring Clint Eastwood. **★★ (1983/18)**

ITV2 Freeview 6

7.00 Secret Crush Gameshow.
8.00 Bob's Burgers Double bill.
9.00 2 Fast 2 Furious Thriller sequel, starring Paul Walker and Tyrese Gibson. **★★ (2003/12)**
11.10 Family Guy Double bill.

ITV3 Freeview 10

6.00 Heartbeat Double bill.
8.00 McDonald & Dodds A social media influencer dies during a routine nose job.

10.00 Maigret

A suspected jewel thief is found murdered.

11.45 Inspector Morse

Film4 Freeview 14

6.50 Junior Comedy, starring Arnold Schwarzenegger. **★★★ (1994/PG)**
9.00 Indiana Jones and the Kingdom of the Crystal Skull Action adventure sequel, starring Harrison Ford. **★★★ (2008/12)**
11.20 Last Action Hero Comedy adventure, starring Arnold Schwarzenegger. **★★★ (1993/PG)**

Sky Showcase

6.30 The Simpsons Triple bill.
8.00 A League of Their Own
9.00 Rob & Romesh vs NBA Basketball Rob Beckett and Romesh Ranganathan learn about the sport.
10.00 Late Late Show Best of the Week Highlights.
11.00 Never Mind the Buzzcocks Music quiz.
11.45 The Russell Howard Hour
GOLD
6.40 Dad's Army Double bill.
8.00 Only Fools and Horses Double bill of the comedy.
9.20 Bottom Double bill.
10.35 Only Fools and Horses
11.55 All Round to Mrs Brown's With Noel Edmonds, Fay Ripley and Scarlett Moffatt.



Professor T

9pm, ITV
 Ben Miller is back as Jasper Tempest who, as well as continuing to help the police solve unusual crimes, seeks therapy with his mother Adelaide (Frances de la Tour). Tonight, a student is left badly burnt and in a coma following a fire. After it emerges that the victim was drugged and the blaze started deliberately, the CID team reluctantly call in Professor T.



Am I Being Unreasonable?

9.30pm, BBC One
 Written by and starring *This Country's* Daisy May Cooper, along with real-life best friend Selin Hizli (*Land Girls*), this new comedy thriller follows Nic, who is stuck in a depressing marriage. Her problems mount as her son Ollie makes it clear he's dreading his school fete. However, Nic's mood is lifted when kindred spirit Jen joins her on the Splat A Rat stall.



Mock The Week

10pm, BBC Two
 As seems appropriate with this satirical comedy panel show, there's some good news, but also some bad. Firstly, it is back for a new series. However, sadly, it's going to be the last as host Dara O Briain and team captain Hugh Dennis are calling time on the show. Tonight, they are joined by Maisie Adam, Rhys James and Ed Byrne.



The Masked Dancer

6.30pm, ITV
 Five of the remaining incognito celebrities return to the stage with new routines. But will panellists Peter Crouch, Davina McCall, Oti Mabuse and Jonathan Ross be able to guess who they are before the dramatic dance-off? Joel Dommett hosts.



The Hit List Celebrity Special

5.30pm, BBC One
 Marvin and Rochelle Humes present a *Strictly* special of the music quiz. TV personality Jamie Laing teams up with rugby star Ugo Monye, presenter AJ Odudu joins her dancing partner Kai Widdrington, and *Dragons' Den*'s Sara Davies works with Strictly pro Amy Dowden.



Kylie At The BBC

8pm, BBC Two
 A selection of performances by the Aussie pop princess, with hits including *I Should Be So Lucky*, *Better The Devil You Know*, *Can't Get You Out Of My Head*, *Spinning Around* and *Confide In Me*. That's followed by another chance to see *Reel Stories: Kylie Minogue* (9pm) and *Kylie Minogue Live In Hyde Park* (9.25pm).

SATURDAY 17 SEPTEMBER

BBC One Freeview 1

6.10 Strictly Come Dancing
8.00 Blankety Blank New series. Bradley Walsh hosts the return of the quiz show.
8.35 Casualty Hospital drama.
9.25 The Secrets She Keeps Adaptation of Michael Robotham's novel, with Laura Carmichael and Jessica De Gouw.
10.10 BBC News
10.30 Match of the Day Gary Lineker presents highlights of the latest Premier League matches.
11.55 A Million Little Pieces Drama, starring Aaron Taylor-Johnson and Billy Bob Thornton. **★★★ (2018/15)**

BBC Two Freeview 2

7.00 A House Through Time Documentary charting history through the successive inhabitants of a house.
8.00 Kylie at the BBC A selection of performances by Kylie Minogue.
9.00 Reel Stories: Kylie Minogue The singer discusses her career with Dermot O'Leary.
9.25 Kylie Minogue Live in Hyde Park The singer performs at the BBC Radio 2 Festival in a Day.
10.25 Top of the Pops 1988: Big Hits Featuring Yazz, S'Express, Bomb the Bass, Bros and Eurythmics.
11.25 Absolutely Fabulous: The Movie Comedy, with Jennifer Saunders and Joanna Lumley. **★★★ (2016/15)**

ITV Freeview 3

6.30 The Masked Dancer
8.00 The Voice UK The blind auditions continue in the singing contest.
9.30 Who Wants to Be a Millionaire? Jeremy Clarkson gives six new contestants the chance to win a fortune.
10.25 ITV News; Weather
10.40 The Jonathan Ross Show: Special Guests Memorable moments from the talk show.
11.10 English Football League Highlights Action from the latest fixtures.

Channel 4 Freeview 4

7.00 Lost Treasures of Rome The seaside town of Herculaneum, which was destroyed alongside Pompeii. Last in series.
8.00 Hitler: The Lost Tapes
9.00 Griff's Canadian Adventure Griff finishes his journey across Canada in British Columbia, and uncovers what it is about the Pacific northwest that makes people strive for happiness.
10.00 Mission: Impossible - Ghost Protocol Action adventure sequel, starring Tom Cruise and Jeremy Renner. **★★★ (2011/12)**
Channel 5 Freeview 5

7.00 All Creatures Great and Small Return of the drama, starring Nicholas Ralph and Samuel West. Big changes are happening at Skeldale.

8.00 The Unforgettable Hattie Jacques A profile of the comedy actress.

9.30 The Big Fight Live Lyndon Arthur v Walter Gabriel Sequeira. Coverage of the bout at Bolton Whites Hotel.
11.30 World's Funniest TV Ads with Jason Manford

ITV2 Freeview 6

6.20 Wonder Woman Fantasy adventure, starring Gal Gadot. **★★★ (2017/12)**
9.00 Ted Comedy, starring Mark Wahlberg. **★★★ (2012/15)**

11.10 Family Guy

Film4 Freeview 14

6.00 Live World Series of Darts Coverage of the World Series of Darts Finals.
10.00 Midsomer Murders
6.45 Raiders of the Lost Ark Adventure, starring Harrison Ford. **★★★★ (1981/PG)**
9.00 Snatch Drama, with Jason Statham. **★★ (2000/18)**
11.05 Layer Cake Thriller, starring Daniel Craig and Michael Gambon. **★★★ (2004/15)**

Sky Showcase

7.00 The Ultimate Romcom Movies
8.00 Hitch Comedy, starring Will Smith. **★★★ (2005/12)**
10.15 Brassic Comedy.
11.15 A League of Their Own
GOLD
8.55 Only Fools and Horses
10.20 All Round to Mrs Brown's
11.35 Newark, Newark



The Hit List Celebrity Special

5.30pm, BBC One
 Marvin and Rochelle Humes present a *Strictly* special of the music quiz. TV personality Jamie Laing teams up with rugby star Ugo Monye, presenter AJ Odudu joins her dancing partner Kai Widdrington, and *Dragons' Den*'s Sara Davies works with Strictly pro Amy Dowden.



SUNDAY OFFERS

Half-Price Double Narcissus 'Replete'



Double Daffodils are a beautiful sight in spring, and we are delighted to offer Daffodil 'Replete', one of the most popular varieties in our range.

These beautiful blooms will produce wonderful peony-shaped double flowers throughout March and April. The giant ruffled flowers have a unique colour combination of creamy white and apricot pink with a gentle and sweet scent. They are ideal for planting en masse in borders or alternatively in patio pots and containers. Top-quality 10/12cm bulbs supplied.

- Growing to a height of 45cm, they are ideal for borders or containers.
- They will make excellent cut flowers for bouquets.

**BUY 15 FOR £9.99 (GA1809)
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HALF PRICE (GA1810)**

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To Order Call 0843 922 5000 (calls cost 7ppm) (quoting LV510)
or visit www.GardenOffers.co.uk

Alternatively send your order to: Love Sunday, Daffodil 'Replete' Offer (LV510), PO Box 64, South West District Office, Manchester, M16 9HY. Please include a cheque made payable to Garden Offers, NAME AND ADDRESS ON THE BACK, PLEASE USE BLUE OR BLACK INK. Calls cost 7p per minute plus your phone company's access charge. These goods are sold and supplied by J. Parker Dutch Bulbs (Wholesale) Ltd. with whom you contract when you accept this offer. Please note delivery to England, Wales and Scotland only. Delivery within 28 days. All prices include postage and packaging.

£150

MEGA CROSSWORD

Congratulations!

KM Cattle from York is the latest mega crossword winner

Can you work out the link between the two celebrities pictured in the grid? Once you've solved the clues, the letters in the coloured squares will reveal that link, reading across from top-left to bottom-right.

HOW TO ENTER

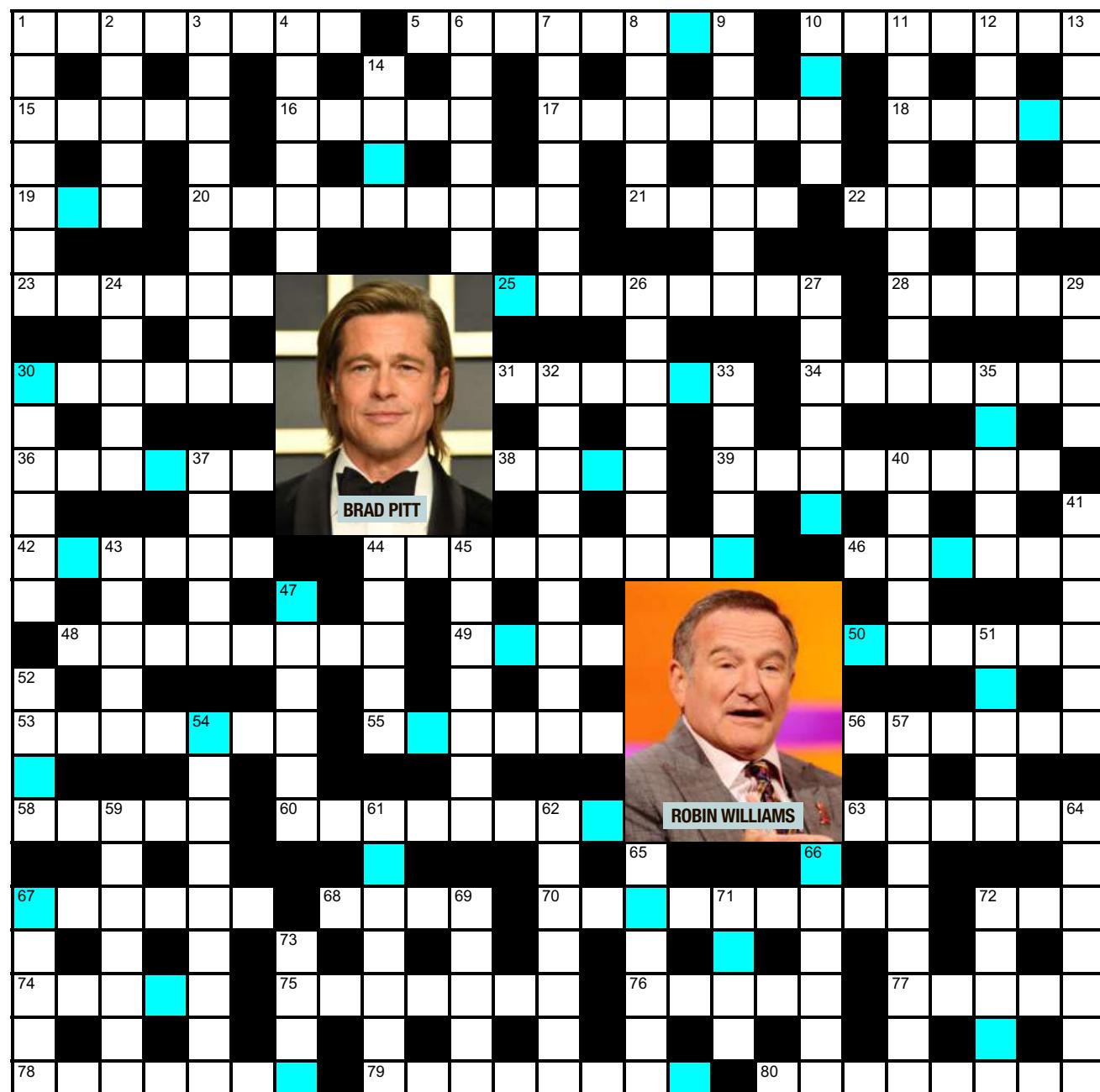
For your chance to win the £150 star prize call **0904 161 1122** (£1.50/call) or text **TPMEGA** and your answer, name and postcode to **61011** (£1.50/text) by Saturday 17 September 2022, the closing date.

ACROSS

- 1 Is successful (8)
- 5 Proposes (8)
- 10 TV game show, *_ Point* (7)
- 15 Snapshot (5)
- 16 Stringed instrument (5)
- 17 Put in order (7)
- 18 Not the winner (5)
- 19 Listening organ (3)
- 20 Answered (9)
- 21 Cat-o'-nine-tails (4)
- 22 Harry *_*, former One Direction singer (6)
- 23 Cured spiced sausage (6)
- 25 Parcels (8)
- 28 Wooden barrels (5)
- 30 Took part in a game (6)
- 31 Athlete (6)
- 34 Permitted (7)
- 36 Small red fruit with a stone (6)
- 38 Was untruthful (4)
- 39 Gifts (8)
- 42 Boxing matches (6)
- 44 Angler (9)
- 46 Substance found in potatoes (6)
- 48 Most loud (8)
- 49 Bird's home (4)
- 50 Jail (6)
- 53 Down payment (7)
- 55 Solitary (6)
- 56 Pictures (6)
- 58 Navigate (5)
- 60 Look similar to (8)
- 63 Pops (6)
- 67 Animated film about sisters Anna and Elsa (6)
- 68 Embraces (4)
- 70 Compass direction (5-4)
- 72 Pub counter (3)
- 74 Attempted (5)
- 75 Football term (7)
- 76 Film director, M *_* Shyamalan (5)
- 77 Stop (5)
- 78 Number of years in a century (7)
- 79 Costs (8)
- 80 Warm and familiar (8)

DOWN

- 1 Marionettes (7)
- 2 Smell (5)
- 3 TV broadcast (9)
- 4 Prepare for an exam (6)
- 6 African country (6)
- 7 Parent's mother (7)
- 8 Drinking tube (5)
- 9 Dispatching (7)
- 10 English footballer, *_* Walcott (4)
- 11 Relating to government (9)
- 12 Offensive comments (7)
- 13 Microbes (5)
- 14 Child's toy (2-2)
- 24 Depart (5)
- 26 Realm (7)
- 27 In a chair (6)
- 29 Team (4)
- 30 Make calm (6)
- 32 Global (9)
- 33 Become ready to eat (5)
- 35 Clear liquid (5)
- 37 Ceremonies (5)
- 40 Go in (5)
- 41 Glows (6)
- 43 Band (5)
- 44 Deadly (5)
- 45 Word with the same meaning (7)



- 47 Sugary fluid in plants (6)
- 51 Symbols (5)
- 52 Combines numbers (4)
- 54 Give up (9)
- 57 Facial hair (9)
- 59 Gradual wearing away (7)
- 61 Light fluffy dish (7)
- 62 Lamp (7)
- 64 Medical operation (7)
- 65 Citrus fruit (6)
- 66 Quicker (6)
- 67 Retrieve (5)
- 69 Cut corners (5)

- 71 Lofty (4)
- 72 Flavourless (5)
- 73 Precious metal (4)

Solutions next week

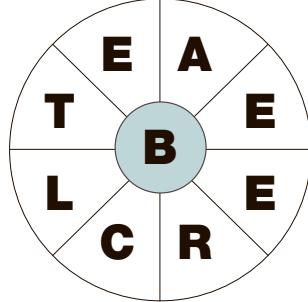
TERMS & CONDITIONS:
All lines close midnight
Saturday 17 September 2022.

ENTRY LINE: Calls cost
£1.50/call plus your phone
company's access charge.
Texts cost £1.50 + 1 standard
network rate message.

You may receive free promotional
messages, to opt out end message
with NO INFO.

Lines close at midnight on Saturday
where stated. You must be 18+ to
enter and Standard Reach PLC rules
apply, see www.mirror.co.uk/rules.

SP Mi Telecom Ltd.
Helpdesk 0330 880 6061



WORD WHEEL

You have 10 minutes to find as many words as possible using the letters in the wheel. Each must use the hub letter and at least 3 others. Letters may be used only once. You cannot use plurals, foreign words or proper nouns. There is at least one nine-letter word to be found.

How you rate:
15 words: average
20 words: good
25 words: very good
30 or more: excellent

BRAIN TEASERS

1 Yoshi and Moshi are counting lemons. "Three lemons in basket 4, two lemons in basket 3, four lemons in basket 1, and one lemon in basket 2," said Moshi. "No, that's all wrong. Basket 4 holds an even number, and only one basket contains more lemons than the basket number, and it's not basket 2," replied Yoshi. How many lemons are in each basket?

2 Which two words meaning "drink" and "pincers" combine into one meaning "caterers"?

3 Find the purple things in these anagrams: a) Red Navel, b) Tasty Hem, c) Beau Reign.

4 Bill has just sat down at the pub, but his table is wonky and he needs to put something under the leg. He has a £10 note that is 0.11mm thick, a piece of paper that is 0.28mm thick and several credit cards that are 0.76mm thick each. He can fold the note and paper in half a maximum of four times. The offending leg is 4.2mm shorter than the others. How could he prop it up exactly?

Solutions next week

SPOT THE DIFFERENCE

LAVERNE COX Can you spot the five differences between these two pictures?



Solutions next week

MIRROR IMAGE

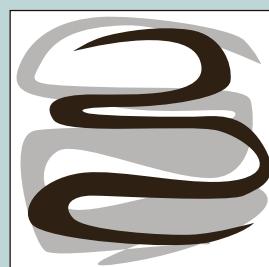
ORIGINAL



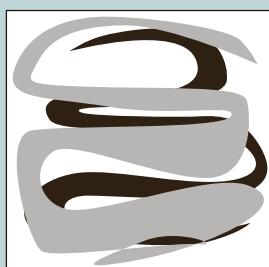
A



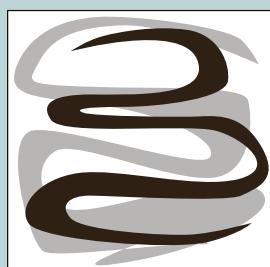
B



C



D



Which of the shapes A-D is an exact mirror image of the original?

WORD SPIRAL

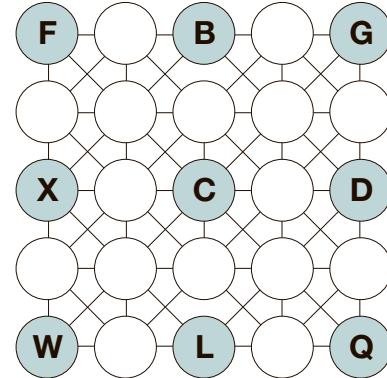
Starting from 1, fill in the grid clockwise with four-letter words. The last letter of each word becomes the first letter of the next to reveal an American state.

1		2		3
	9		10	
	14		15	
8			11	4
		16		
	13		12	
7		6		5

1. Flog	9. Direction
2. German man	10. Dull heavy sound
3. Bird	11. Watch face
4. Elderly	12. Plant part
5. Deceased	13. Cut down
6. Flat circular object	14. Quiet spell
7. Leg part	15. Hobble
8. Lose colour	16. Indigent

GOGEN

Insert letters to form the listed words, moving between adjacent cells horizontally, vertically or diagonally in any direction. Insert all the remaining letters of the alphabet (except Z) in the grid so all the listed words are spelt out in this way.



A B C D E F G H I J K L M N O P Q R S T U V W X Y

BECK
DINGO
EXTRA
FETCH
HIND
JEST
MISTRAL
QUICKLY
SNOB
SPECK
WAVING

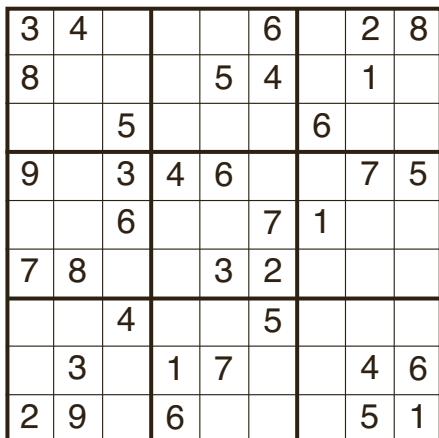
SU-DOKU

Su-doku is a fascinating puzzle. The principle of solving it is incredibly simple. Just complete the grid so that every row, every column and every 3x3 box contains the numbers 1-9 only once.

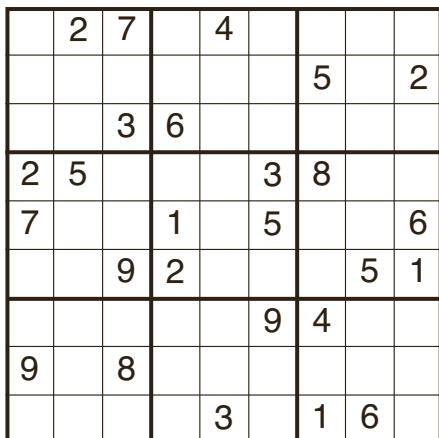
You need to solve this puzzle using logic (not guesswork!). There are no prizes for our Su-doku puzzles, so no entries please. It's just for fun.

THIS WEEK'S TIP

Try starting off by scanning each row of three boxes horizontally, to see if there are any numbers missing with only one possible square to fill.



EASY



DIFFICULT

Solutions next week

NINER

Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters.

129926 gives a French city

57552 gives a French city

584312 gives a French museum



ANAGRAM

How fast can you solve this eight-letter anagram?



Solutions next week

£50 WORDSEARCH

Solutions next week

Congratulations!

George Healey from Coventry is the latest wordsearch winner

Find the words hidden in the Wordsearch grid reading in straight lines – horizontally, vertically or diagonally – in either direction.

A term has been added to the list below that you won't find in this grid. Work out what it is and call our entry line below. One winner will be picked at random from all correct entries sent in by the closing date and will receive £50, or for Irish entries, the equivalent in euros.

Standard Reach PLC rules apply. See mirror.co.uk/rules.

WORDSEARCH

ENTRYLINE

0904 161 2200 (£1.50/call)

Or text TPSEARCH with your answer, name and postcode to 61011 (£1.50/txt)

TERMS & CONDITIONS:
Entry line closes midnight Saturday 17 September 2022.

ENTRY LINE Calls cost £1.50/call plus your phone company's access charge. Texts cost £1.50 + 1 standard network rate message.

You may receive free promotional messages, to opt out end message with NO INFO.

Lines close at midnight on Saturday except where stated.

You must be 18+ to enter and Standard Reach PLC rules apply, see www.mirror.co.uk/rules.

SP Mi Telecom Ltd.
Helpdesk 0330 880 6061.

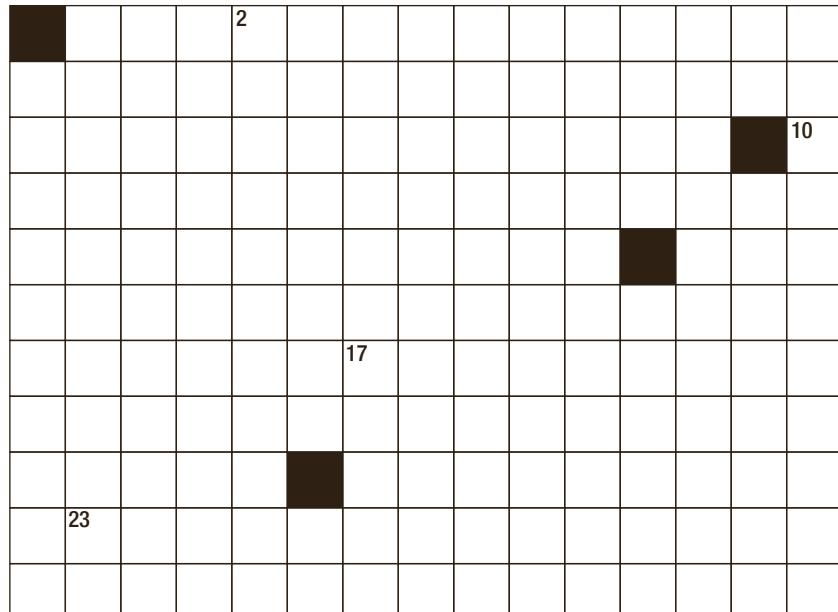


All but ONE of these illustrators can be found in the grid

BAYNES	FORTNUM	RACKHAM
BEARDSLEY	GAG	SATRAPI
BECHDEL	HILL	SEDAK
BLAKE	JANSSON	SHEPARD
BRIGGS	KERR	SHIMIZU
BRUNA	MIYAZAKI	STEADMAN
CARLE	PIENKOWSKI	STERRETT
CORBEN	POTTER	TAMAKI

SKELETON

In our Skeleton you have to complete the grid – numbers and squares – as well as answering the clues. We have inserted four black squares and four clue numbers to get you going. The crossword has a four-way symmetry: both top and bottom and left and right match, so you can fill in several more squares immediately.



ACROSS

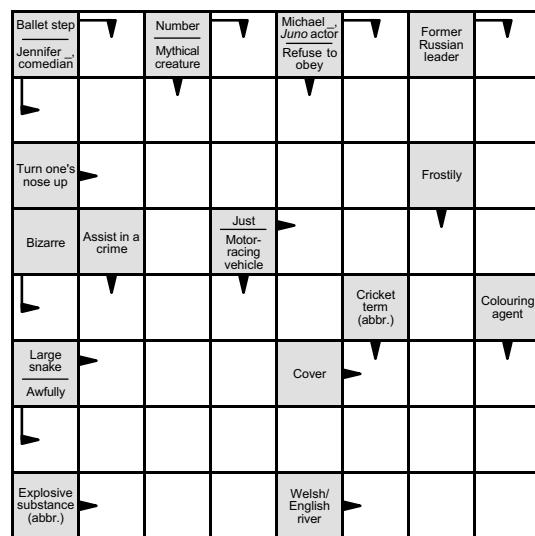
- 7 Excessively ornate (6)
- 8 Still batting (3,3)
- 11 Male offspring (3)
- 12 Vent or aperture (7)
- 13 Little devil (3)
- 14 Grass (4)
- 15 Prohibition (4)
- 20 However (3)
- 21 Small community (7)
- 22 Putting peg (3)
- 23 _ Bergman, the late Swedish actress (6)
- 24 Academy Awards (6)

DOWN

- 1 Furtive (11)
- 2 Groups of three (5)
- 3 _ Izzard, comedian (5)
- 4 Playful act (5)
- 5 Different (5)
- 6 Basic (11)
- 9 Fish-eating birds (7)
- 10 Resister (7)
- 16 Turn away (5)
- 17 Knife (5)
- 18 _ Paul, *Breaking Bad* star (5)
- 19 Roost (5)

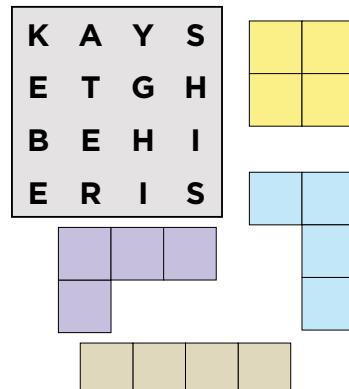
ARROW WORD

Arrow words are like crosswords, but the clues are printed inside squares on the grid. Write your answers in the blank squares in the direction indicated by the arrows.



TETROMINOS

Using the given shapes, create four four-letter anagrams by dividing the grid into sections. You may rotate the shapes, but may not flip them.



FILL IN

Place the listed words in their correct positions in the grid. Sometimes several words will fit the same space, which means you will have to think a few steps ahead and try different combinations of words until you find the ones that fit. When you've completed the puzzle, the shaded squares will spell out a European capital city.

3 LETTERS

Any

Apt

Are

Bar

Bee

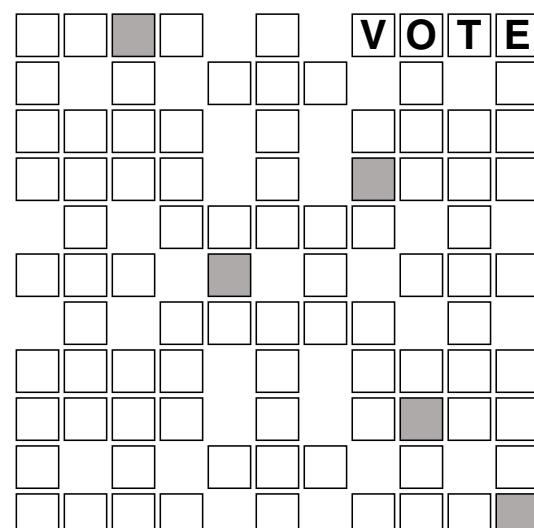
Eat

Fry

Gin

Per

Sat



4 LETTERS

Ages

Ants

Best

Clue

Eats

Furs

Gets

Give

Open

Peep

Rush

Safe

Scar

Sets

Step

Tape

Test

Tide

Type

Vote

5 LETTERS

Azure

Beats

Ended

Radar

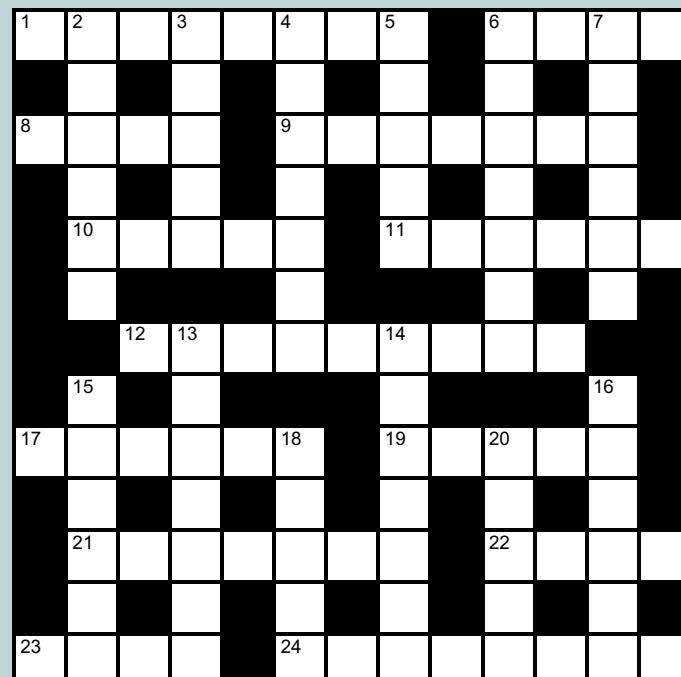
7 LETTERS

Steamed

Typical

ENTER VOWEL

In this puzzle each clue is the answer word with the vowels removed. For example, the clue TM (4) might lead to Atom, Item, Time, Tame etc but not Mute or Moat. You have to figure out which option fits with its neighbouring words to complete the grid.



Across

1 BSLD (8)

6 RTS (4)

8 SNG (4)

9 RDRM (7)

10 CRG (5)

11 SLY (6)

12 GRBL (9)

17 RSS (6)

19 MS (5)

21 RSN (7)

22 CLD (4)

23 PTS (4)

24 TBRK (3,5)

Down

2 BNC (6)

3 GR (5)

4 LSD (3,4)

5 DRG (5)

6 RSL (7)

7 TMPL (6)

13 GSS (7)

14 MMN (7)

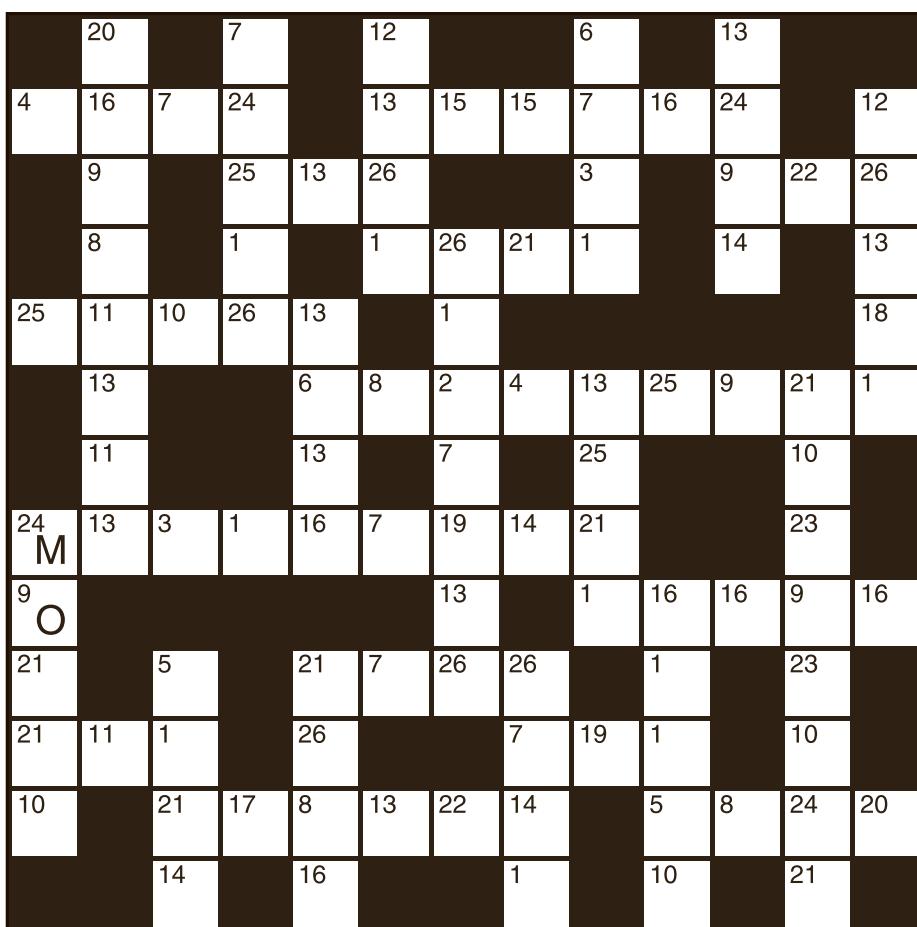
15 MKP (6)

16 FDR (6)

18 SPLT (5)

20 CCR (5)

TIMED CODECRACKER



TARGET

20mins 22secs

Here's your chance to test your word power and code-cracking skills against the clock.

Each grid number represents a letter – and all 26 letters of the alphabet are used.

This week's clue letters are below the main grid. Write in the appropriate letters wherever its number appears in the main grid. Don't give up. Call the Extra Letter Clue line, where you will also find a little bit of extra help, followed by the full solution.

Need some help?

EXTRA LETTERS & FULL SOLUTION

0903 655 6061 (60p/min)

Hear up to **five extra letters**, deduct two minutes from your Target Time for each clue letter heard. Full Solution follows the Extra Letter advice.

TERMS & CONDITIONS: Line closes at midnight next Saturday. Calls cost 60p/min plus your phone company's access charge. SP: Mi Telecom Ltd. Helpdesk 0330 880 6061. Costs for mobiles and payphones will be higher. Minimum age 18+ **Solution next week**

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The VAX SpotWash Home Duo is the perfect cleaning tool for accidental spills, stains and pet messes. Whether you have a busy home with kids or pets, or you're a car enthusiast, the SpotWash Home Duo is ideal for cleaning multiple surfaces around the whole home. And when the accidental spills and stains are in hand, it's great for cleaning soft furnishings, and refreshing and reviving upholstery.

Remove Spills & Stains

Just fill the SpotWash Home Duo with water and solution and it's ready to go. A trigger on the handle allows you to target the solution on the spill or stain, and SpotWash Home Duo will do the rest, cleaning and lifting the mess into the dirty water tank, which is simply lifted out and poured away - leaving the area looking and smelling clean.

Tools For Every Task

Complete with a selection of tools for multiple tasks, the SpotWash Home Duo is equipped to help you clean anywhere in the home and car. For those particularly unsightly messes, there is also a dedicated messy tool, so you'll not need to worry about any cross contamination of cleaning tasks.

Compact & Convenient

The VAX SpotWash Home Duo has been designed to be portable and easy to grab for when those unexpected messes appear. With its compact design, it fits neatly into cupboards for storage and the tools and tanks are easily removed for cleaning and emptying. Plus, for added reassurance, each of the cleaning attachments have an antimicrobial treatment which helps protect against the growth of bacteria and fungi.

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Tools for Every Task



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